



*the moment*







# SEIZE

## *the moment*

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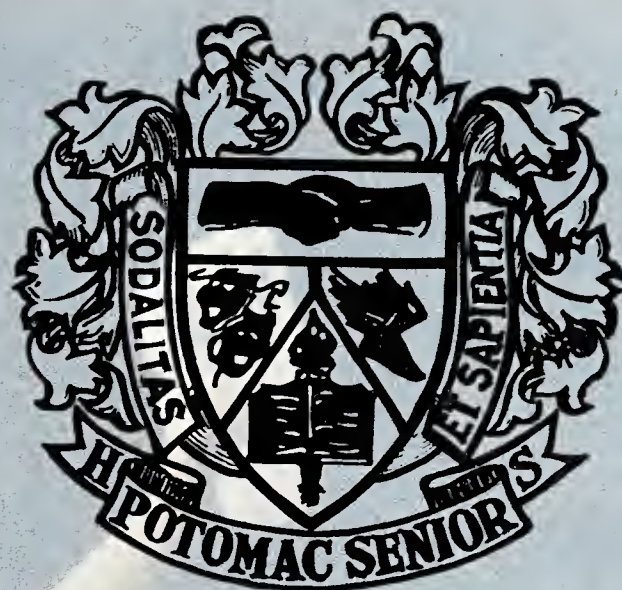
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## Prowler 1993

Potomac Senior High School  
16707 Jefferson Davis  
Highway  
Dumfries, Va 22026  
(703) 221-1134  
enrollment = 1388

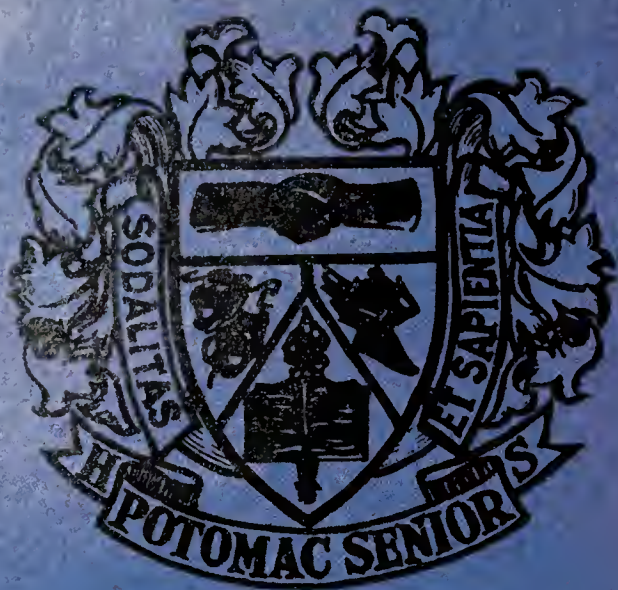
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*Mark Pavlick and Chris Novak show their enthusiasm as they walk to claim the Senior section of the bleachers. Seniors helped the cheerleaders incite the crowd and kept the spirit alive.*

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The screams slowly died down when the pep rally ended. The competition was thick - Seniors competed against Juniors and Freshmen against Sophomores. Students seized the moment to show everyone that Potomac was number one.

The pep rally was organized by the new principal Mr. Michael Campbell. Students had a chance for a fresh start when Mr. Campbell came to Potomac. He proved to everyone that he was a man who cared. Mr. Campbell took the time to talk with the students and tried to address them by their first names. A very personable man, he took control of the school in a way that combined discipline with understanding.

Under Mr. Campbell's positive leadership, several changes were made. For example, a new attendance policy was put into effect. It only allowed students to miss 20 days, excused or unexcused, for the year. This new policy encouraged students to seize the moment and take advantage of their educational opportunities.

Another innovation implemented was a form of scheduling that permitted students to take either six or seven classes. (Continued on page 5)







*The crashing of the helmets was a tradition observed at the start of every football game. This act unified the team and lifted their spirit and pride. They proved that they were able to meet any challenge.*

*The Seniors enthusiastically root on the football team as they score a touchdown. It was school spirit like this that kept Potomac alive. Even when the football players were down the cheering never stopped.*



*Preparing to play the National Anthem, the Marching Band lines up to begin. The Marching Band helped bring out spirit during the game by playing along with the cheerleaders and the students.*



*The Offensive Line prepares themselves for the next play. They exemplified the determination that carried the Panthers through the season.*



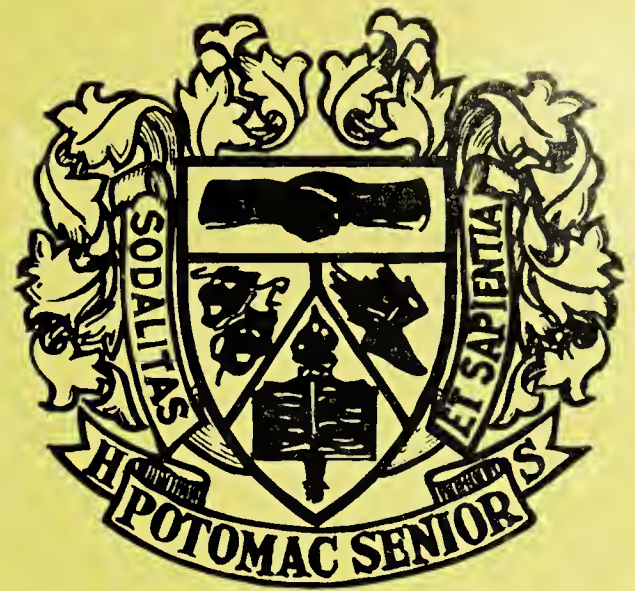
*The Potomac Panther (Matt Rossi) and Leslie Latimore are discussing what cheer to do next. The panther helped bring out school spirit during the games and during pep rallies.*



*Mikey Doveburg and Larry the Crash Dummy (Jim Agnew), get ready to announce the seatbelt simulator and what it does. The simulator taught students how seatbelts help save lives. At 87%, Potomac had the highest percentage in the county of students and staff wear their seatbelts.*







Students who chose to add a seventh class either began school at 6:30 in the morning or stayed in classes until 3:00 in the afternoon.

There was also a new set of behavioral guidelines that helped make Potomac number one. A "no hats" rule encouraged students to seize the moment to show respect to each other and to the faculty and staff.

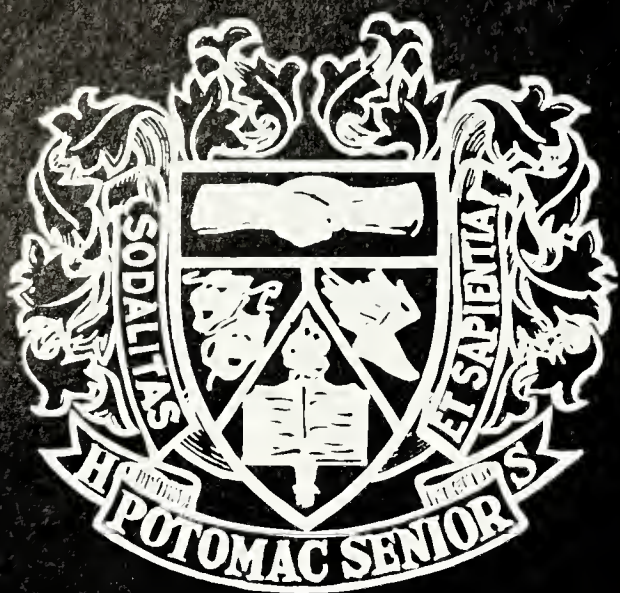
The atmosphere at Potomac changed, also. Students, faculty and staff seized the moment to be courteous to each other and to show understanding rather than reacting with anger. One reason for this was a new policy under which anyone who fought on school grounds faced criminal charges.

These changes created a positive, safe environment for learning. This was exactly the type of environment needed to eliminate distractions and help students focus on learning. Students seized the moment to achieve their personal goals, both in and out of the classroom. - Tracy Adams

*Students watch in amazement as the dummies burn. The bonfire was the highlight of Spirit Week, bringing students, faculty, staff, and the community out to rally the Panthers. Seniors realized that this was their last bonfire as students.*







## Student Life

Tracy Adams and Lisa Mosely

Students seized the opportunity to become a part of Potomac in a way that they had never done before. This was the year students were able to take a new look at Potomac.

New policies and rules were a part of the reason students were able to take such a positive outlook. Mr. Michael Campbell made it possible for students to stay after school by establishing a bus that ran at 4:00 pm. This enabled students to seize the opportunity and get involved in the different activities.

The increased student involvement brought on a rise in school spirit. This was demonstrated at Pep Rallies, Sports Events, Club meetings, fundraisers, dances, and in the halls. Students proved to everyone that seizing the opportunity was something that Potomac did everyday, not just once in a while.

Pantherette Heather Udell performs during halftime. Pantherettes helped the students, staff, and faculty show their spirit during football games and during pep rallies.

After a Potomac game Mr. Frank Higgins seizes the moment to show Suzie Cipra, Jason Erie, Inna Vaxer, and Scott Keith a magic trick.



How does it feel to be in your last year at Potomac?



“ It's fear and relief wrapped all in one as you realize one part of your life is almost done, but another is just beginning, said Tom Edgington. ”







*The Sophomore class cheers as their class dummy is thrown into the fire. Classes competed to create the best dummy representing a North Stafford football player.*



# A Night of Dreams

From the outside, Stouffer's Hotel at Crystal City appears similar to all of the other hotels and buildings on Route One. But on the night of May 16 something made it different. For four hours, the Stouffer's Hotel welcomed fabulously dressed students from Potomac. When these students stepped inside they found themselves surrounded by the result of the efforts of the Class of 1993: Prom 1992.

After checking in, stu-

dents received keepsake glasses. For those who were hungry, the Junior Class arranged for an awesome array of assorted pastries, fruits, and beverages, which filled tables lining the hall.

In the ballroom itself, groups of couples spent their time talking at their tables. "In a group there was less stress," said Shannon Gesling. "You never had to worry about what to say." Some couples sought a private mo-

ment during slow songs like Bryan Adams' "Everything I Do (I Do It For You)" and "Unchained Melody" by the Righteous Brothers. The disc jockey varied the pace with popular rap and dance selections that literally had the room jumping.

Eventually, time ran out, and Potomac's fabulously dressed students went home to remember "A Night of Dreams." - Jon Nelson

Rhett Donovan and DeeDee Humphries took advantage of the tables and chairs located within the ballroom to relax.

Angela Sackett introduces her escort to Mr. John Jenkins. Many students brought dates who did not attend Potomac.



Matt Morrell and Kristy Blair enjoy a moment together after being crowned Prom King and Queen. The couple, also known as Potomac's Male and Female Athletes of the Year, shared the next dance, which was dedicated especially to them.

Ms. Wanda Petersen and Mr. Frank Higgins take time out from supervising to dance. Most teachers who attended Prom took a turn around the dance floor, after which they enjoyed the refreshments provided in a special hospitality room.







*Anthony Skinner and Kim Hearn share a laugh over the refreshment table. Cookies, fresh strawberries, brownies, sodas and punch were served on tables outside the ballroom.*

*Tracy Osborne and Shannon Gesling lead students and teachers in the "locomotion." This dance proved so popular that when it ended the disc jockey played it again.*







*Mike Grasso, Stephanie Sheilds, Kami Bateman, and Shane Sobers enjoy looking over the North Sea. The students enjoyed participating in the events American Music Abroad arranged. This is only one of the many events enjoyed by the band while in Europe.*



*Chris Copenhagen and Ryan Shehy point out the different international flags inside a mall in Brussels. The mall gave the band students the opportunity to enjoy lunch and the unique scenery.*

*As students take pictures of the Eiffel Tower, a storm lurks over the city of Paris. Despite the rainy and cold weather, students enjoyed the the opportunity to experience another culture.*





Tine Vandenawallen, the tour-guide, shows Mr. Gary Zolman, Crystal Broomall, Tim Deputy, Tomkia Anderson, Rich Smith, Michelle LLwellyn and Sean Benty some of the architecture of Brussels. Parts of the trip were spent explaining the different cultures.

# Next Stop Europe



Clouds formed and raindrops fell as the band students looked up and admired the Eiffel Tower. For the first time, the band students took a trip to Europe. Leslie Latimore said "It was a once in a lifetime experience and the people were unique. I encourage people to go."

The trip was part of a band exchange program. The sixty students who went on the trip stayed with host families for seven days. Students spent about \$1,150 dollars each, which included their airfare, their hotel in Paris, and breakfast and dinner each day. They performed concerts in Tourhout, Gits, and Rouslare.

*Leslie Latimore, Stephanie Rinker, Christine Friend, Tomika Anderson, Gwen Sarver, Kenny Sorrell, Jennifer Thrull, Scott Bateman, Shane Arkes, and Deedee Humphries seek shelter under an umbrella at the Eiffel Tower. The weather conditions were mostly cold and rainy.*

Brugges, a city the students visited in Belgium, had beautiful architecture and plenty of stores. The natives spoke English, so the students did not have a difficult time communicating. "The different historical buildings were mysterious and interesting," said Tomika Anderson.

In Paris, band members saw the Eiffel Tower, which stands 984 feet tall, and the Arc de Triomphe, where Napoleon is buried and where the eternal flame glows.

After performing, the band spent a day in Euro-Disney and met lots of diverse people. "It was interesting to attend an American amusement park where everyone

spoke French," said Shawn Vunder.

The second part of this exchange occurred during the summer when the Belgium band came to Dumfries. The Panther band arranged for the Belgium band to watch the Marine Drum and Bugle Corps and to have a private tour of the White House. The Panthers made them feel comfortable by hosting them in their homes.

"The kids were great and the band played its best show. I would love to do it again," commented Mr. Zolman on the whole Europe exchange program. - Kris Applegate

*Lee Rumley, Jack Magovern, Stew Rumley, Sean Heaton, and Emily Jarabak stop to take pictures and rest in Brussels. The band students took pictures of unique stops made along the trip, such as the Notre Dame Cathedral and the Chanson Lizez, to show friends at home.*





Mr. Frank Walter gives Patrick Sullivan his pin for salutatorian. The pin signified the hard work and determination Patrick needed to earn his position in the class.

Jon Nelson uses a Winnie-the-Pooh doll to inspire the graduates. He quoted Winnie's speech to Christopher Robin, which stressed "doing nothing."



## A Turning Point

The moment anticipated for 13 years came to a climax on June 12th. Students arrived at Potomac one last time. Families of the graduates arrived at the football stadium early to get a seat before the underclassmen without tickets were let in. The crowd stood as the seniors filed onto the field. The graduation ceremony began.

Both Patrick Sullivan and Jonathan Nelson, co-salutatorians, gave funny yet meaningful speeches. Patrick read Dr.

Seuss's "Oh, The Places You'll Go" to inspire his fellow graduates. Jon began his speech by introducing his "friend," a stuffed Winnie-the-Pooh doll. He then read a selection from "Winnie-the-Pooh" which stressed the importance of "doing nothing."

Two other speakers lectured on the meaning of success. Valedictorian Megan Jacoby stressed that success takes more courage than intellect. The guest speaker, Mark Timm, a

White House intern, said, "The true lesson is impressing yourself. We go around in society trying to be something we're not. When you learn who you need to impress you'll become truly successful."

The class of 1992 crossed the stage and received their long-awaited diplomas. After the traditional shouts, they tossed their caps, and the students became graduates. - Liz Boyd



Unable to control his excitement, Stephen Carson gives Allison Brooks a hug after the graduation ceremony.

Ty Cornell's face reflects the seriousness of the moment before accepting his diploma from Mrs. Lockett.





*Katie Allen waits for her cap to return after tossing it into the air. This traditional gesture signified the end of the familiarity of high school and the beginning of life in "the real world."*

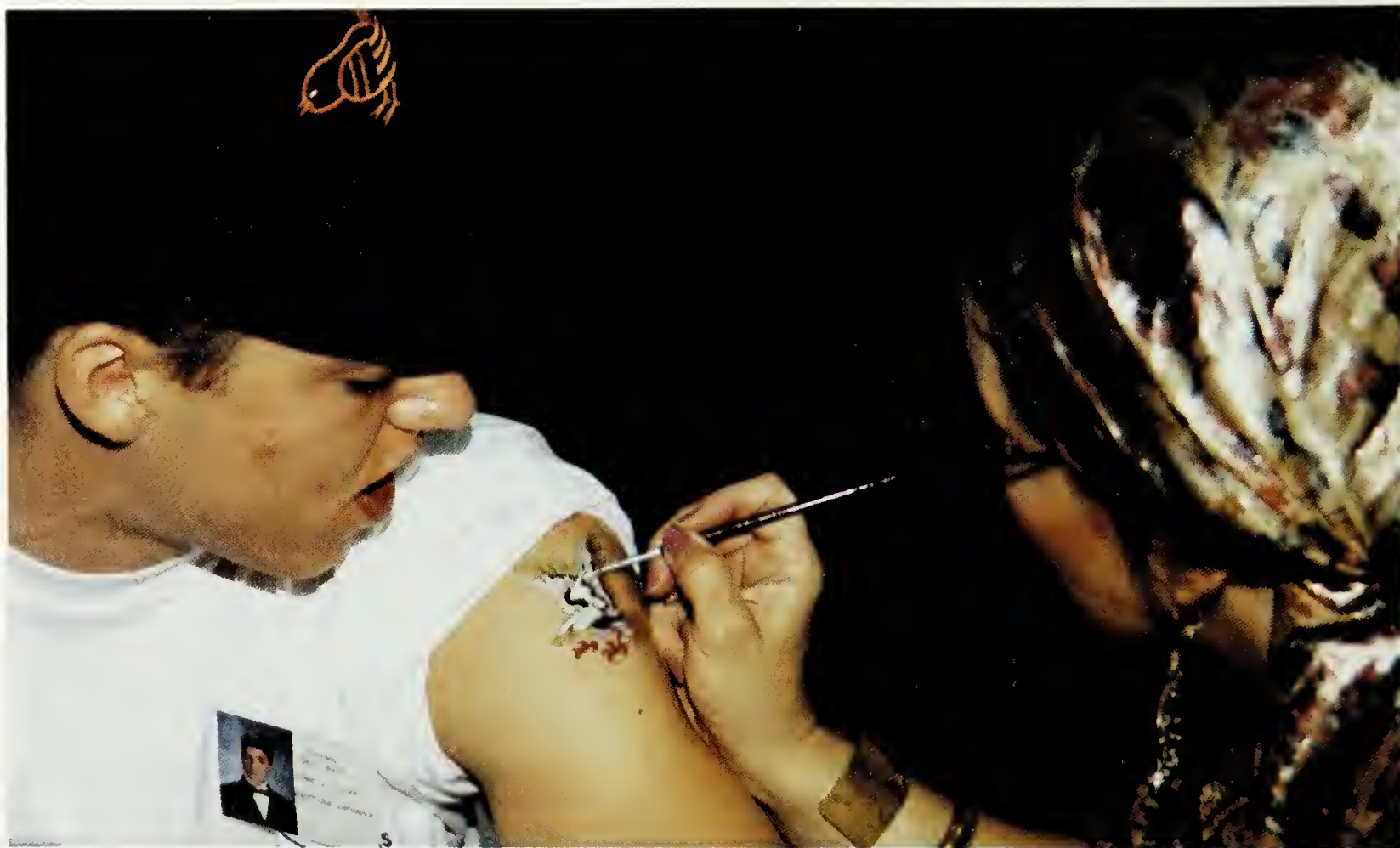
*Antron Bates observes as John Cooper embraces Dave Cook. Surrounded by their families, graduates filed off the football field and into the gym.*







*Bobby Arrington, Matt Jarman, Keith Honore, Eric Ford and Antron Bates enjoy their time on the "hound dog," a giant inflatable pool toy. A highlight of the evening was spending time in the pool or hot tub.*







Laina Bishop and Christy Rankine create a music video together. All the props and sound and recording equipment were provided.

Scott Hecker and James Dickinson enjoy a game of craps. "Tardy Bucks," imprinted with Mrs. Lockett's picture, were later exchanged for prizes.



Matthew Brunner gets a tattoo of an eagle at the tattoo parlor. The tattoo parlor was set up so students could indulge their fantasies — at least temporarily.

Patrick Sullivan plays a game of miniature golf. Other athletic offerings at Grad Nite included volleyball, basketball, swimming, and dancing.

## Wallyball Anyone?

As chlorine water glistened on the backs of the graduates in the pool, the dice tumbled and rolled and the fortune teller described her visions of the future. Chinn's Aquatic Center hosted Grad Nite 1992.

Students began arriving at 11:00pm and found the Chinn Center transformed by the hard work of parent and teacher volunteers. According to Ruth Furbee, a parent volunteer, the Grad Nite committee spent over 100

hours organizing the event. Money and prizes were donated by local businesses. "All the graduates from all different groups had a wonderful time hanging out together," said Mrs. Furbee.

The upper level of the Chinn Center held the food and rocked with the music provided by volunteer disc jockey, Mr. Frank Higgins. Mr. Higgins worked with students to provide a selection of music that includ-

ed at least one favorite of every graduate.

Those who chose not to dance, however, ventured to the lower level of the Chinn Center where they participated in miniature golf, games of chance, or athletic competition.

Graduates had plenty of time to indulge in all of the activities, because the party lasted until 6:00 am the next morning. "It was a blast and, if I could, I would go again next year," said Johnon Smith.





*Cynthia Pagan and Thomas MacDonald spend time dancing to a slow song. Slow dancing made the evening more romantic.*

*Adele Allen and Faline Chase admire the couples dancing. Many students found the dance a way to socialize with friends.*



*Mikey Doveberg and Tanya Lacey are all smiles after being crowned Homecoming King and Queen. One of the most important events of the evening was the anticipation of seeing who would become King and Queen of the dance.*

*Eric McDowell and Rachel Rogers pause on the dance floor as they await the next song. Dancing proved popular and the mixed beats and variety of music kept the floor packed. Students could also purchase their pictures, taken by a photographer.*





# Definition of Fun

The American Heritage Dictionary defines fun as "a source of enjoyment or pleasure; an amusing diversion."

When asked the best part about Homecoming 1992, - fun was the word on everyone's mind. "I had so much fun dancing and talking to all of my friends," said Mandy Lake. Patrick Keith added that "It was a great opportunity to dress up, go out and have fun."

The junior class knew what they were doing

when they planned "Homecoming 1992" at the Zoo. The sold-out dance was held in the cafeteria, which was filled with giant posters of elephants, giraffes, tigers, and other animals. Not only were there animals on the walls, but also everywhere else including the cakes and cookies that were decorated with zoo animals. Melaney Carl stated that "Homecoming was a fun time to get out and spend time with my friends and

it looked really great inside the cafeteria."

For some people, the dance wasn't the best part. Tara Cristian let it be known that "I made dinner and it was great!" Micah Sauntry added some humor by claiming "I had the most fun standing in line for pictures all night."

Whether they were dancing, talking, or just hanging around, Homecoming proved to be a fun time for everyone. - Theresa Weitzel



Kelley Haller and her escort manage to find privacy within the crowd. Spending time with that special somebody was very important to many students.

Bryan Adams' "Everything I Do, I Do It For You" fills the dance floor. Students enjoyed romantic slow dances, which the DJ mixed with hip-hop songs.





*Potomac students rally and cheer for their classes while skits are being performed. The seniors showed the most spirit, and won the award for best skit. The seniors made a clean sweep winning all of the spirit events of the week.*





*Pam Slater and Jenna McGuire carry dummies to the bonfire. Students cheered as the dummies were thrown into the fire.*

*During the game, Jeff Young plots new strategies. Determination helped Jeff fill the Defensive lineman position.*



# Spirit Burns!

"Seniors met other seniors they had never known and they now are speaking in the halls," said Stacy Tarbet. Spirit week unified the senior class as they emerged the victor in the dress up days, dummy competition, skits, and the float competition. "We had a lot of people come together and help out. People I never thought I would see were there after school, working on the float and getting things for it. This has

been the best year ever in Potomac," said Jimmy Grigsby.

Students crowded into the stands at the bonfire. "The bonfire was the heart of spirit week. All the classes put on humorous skits, and the Pantherettes and Marching Band put on stellar performances," said John Devito. "The bonfire this year had an added surprise in it. Being able to watch the skits that each class came up with was very entertaining," said

Angela Sackett. The chanting of the students demonstrated pride as each dummy was burned.

The homecoming parade excited the crowd and prepared them for the game. "The float contest was very competitive," said Eric Novotny. That competitiveness carried over into the game. "The team as a whole really wanted to win, but it meant a lot to the seniors," said Rob Satchell. - Shaun Vunder



*Patrick Keith and Scott Keith discuss the importance of spirit week. Although seniors won, everybody participated and had a great time.*

*At the parade, Allyson Babcock and Debbie DeHarde throw candy to the students of Potomac. Debbie was President of Junior Civitans and Allyson served as Vice-President.*



Looking through the stack, Matt Brunner and Jennifer Grey try to decide which pictures they will buy. The Yearbook staff sold left over pictures to raise money.

Younger sisters went to the baseball field to play teeball under the guidance of softball team members. This clinic helped kids improve on throwing, catching, and hitting.



## A Day for Funds

Though it threatened to rain, a number of people came to the first Potomac Day. On this day sports and clubs set up activities for kids. Students held fundraisers and families came to participate in the revelry.

Clubs and science classes sent letters asking people to sponsor students in chosen activities. As a result, sponsors donated over five thousand dollars.

The softball team played against VICA stu-

dents while other activities included soccer, tennis, basketball, and softball, face painting by the Drama club, and an Easter egg hunt on the football field. "I liked the Easter egg hunt because I like finding hidden things and pretending that I'm a detective," remembered eight-year-old Matthew Parrish.

Baseball card collectors traded cards next to the baseball card display. FHA made Easter baskets from milk jugs while

candy and Burger King coupons were given to those who went to the cafeteria.

"Potomac Day brought students, teachers, and little kids together to have lots of fun," commented Steve Boyd. This first-time event was made possible through the school's enthusiasm and is sure to have an equally if not more successful repeat performance.-Liz Boyd and Steph Vermillion



The young kids raced off to the egg covered hill. Gold and silver eggs were the best to find because they held prizes.

Mr. Michael Dyre hits a home run at a ball game between VICA and the softball team. VICA won, but everyone had fun playing.





*Drama club's Regan Wynn paints a panther paw on Amy Bann's hand. Potomac Day not only raised money for the clubs and sports, but brought out the school spirit in everyone.*





*Tommy Peterson and Kevin Lewis inspired the audience to get out of their seats and dance with them as they performed a rap song.*







*Shaunta Frazier left the audience in awe after she sang a popular melody. Singing and dancing acts were the most prevalent at the show.*

*Cynthia Pagan, Matt Lee-Torres, and Joe Kettering acted out a scene from the novel Farewell to Manzanar. In this scene the family received provisions for their interment.*



## *A Different Style*

The lights went dim, the curtain opened, and out stepped an Indian woman, a young Japanese woman, and also a vibrant beauty from Holland. The backdrop expanded the audience's imagination and took them out of the auditorium into the world around them.

The Multi-Cultural Variety show was an enjoyable event after Potomac Day. It added a special ending to a fun-filled day. The show was adver-

tised throughout the community to ensure community involvement.

There were many different acts ranging from rapping to skits performed by English II classes. Try-outs were held, and the response was unbelievable. Who thought that the students at Potomac High School were so talented?

Dick Tracy made his high school debut at the Talent Show when Rebecca Farris and Julie Clark danced to the

movie's soundtrack. Julie Clark said, "I have performed many times in front of adults and it was very exciting and rewarding to be able to dance for my friends."

Each student came out and performed the special talent they had hidden for so long. The fear that may have been felt within was well concealed for the audience could only sense their confidence. - Sarah Lawson and Tara Rohren



*The latest fashions and trends were demonstrated at the fashion show by student models. Variety in the acts kept the audience interested and made each act special.*

*Long hours of rehearsing contributed to the success of each act. Maria Basile practiced her selection from Les Miserables to calm her nerves before curtain time.*



# Times to Remember

As "A Night of Dreams" came to an end in Crystal City, "Up, Up, and Away on the Potomac" was only beginning. Students arrived in their formal attire or casual outfits at the cafeteria decorated with hot air balloons and teddy bears. One group of students, to deviate from the ever-popular limo-sine, arrived in a recreational vehicle which was rented for the evening. Mrs. Nina Roques and the

Prom Breakfast Committee spent hours making the hot air balloons, key chains, and teddy bears. *Land of Lakes* donated 1,000 butter tubs from which the hot air balloons were made. Mrs. Linda Hillmar made the large hot air balloon in which pictures were taken.

The committee met once a month throughout the duration of the year. They made the decisions concerning theme, food,

and souvenirs. They also solicited local businesses for door prizes.

Music and food provided an enjoyable morning for all who came. Highlights of the morning included door prizes donated by local businesses. Prizes included gift certificates for free meals at *Bob's Big Boy*, earrings, a CD player, and a dorm refrigerator. - 'Asta Roques

Engaged in candid conversation, Tara Patsch and David Aloncowicz discuss the evening with Mr. John Jenkins and Mr. Aaron Jordan. The Prom Breakfast provided an informal atmosphere to spend time with friends.

Anxiously awaiting for Michelle Davis to call the next number, Christi Athas and Kelley Dillinger compare ticket stubs. Christi won the grand prize of the evening, a refrigerator, along with a pair of Umbros.



Reflections of Prom still fresh in her mind, Laina Bishop takes a break from the excitement of the evening. Students chose to go home first and change into casual clothes or decided to come in their formal attire.

'Asta Roques and Jonathan Nelson had difficulty selecting from the array of fruit, eggs, sausage, rolls, and french toast. Mrs. Patty Davis brought the remaining food from the Prom to add to the selection purchased by the Prom Breakfast Committee.







*During breakfast, Jessica Aquino, Donte Featherstone, Kevin Lewis, and Kim Brown talked about the evening's events. The group had their pictures taken in front of the hot air balloon made by Mrs. Linda Hillmar.*





*Sampling some of the foreign cuisine, Blythe Bonner, Tim Singstock, and Michelle Lechner serve themselves the popular Italian dish of spaghetti. Though only four languages were offered as classes, foods from other countries were more than welcome.*





Doling out food to those who want it, Leslie Latimore works a shift for bonus points. Students signed up to work at either the dessert table, main dish table, or refreshment stand.

Stacy Tarbitt looks over the assortment of Spanish representations, while Jim Barrows and Tom Edgington notice her taste in accessories. The festive atmosphere brought students, faculty, and parents together for an enjoyable evening.



# Comida, Essen, Nourriture, Food!

Looking just beyond the massive amount of food, she saw a sea of hungry faces pushing and shoving their way forward, all depending on her to feed them. Some were dressed in costumes and speaking in words she could not understand. The Foreign Language Festival had begun!

Kelly Hutchinson said, "I am here because I want to broaden my knowledge of foreign languages and foreign foods - besides - I was hungry."

Spanish, German, French, Latin, and occasional memorabilia from exchange students combined to expose students to many cultures. Mrs. Maureen Smith said, "I hope students get a deeper appreciation of other cultures and increased self-esteem for their hard work."

Foreign Language Week began the preparation for the main event. Monday, students received the flag of the language they were learning. The students

then wore their flags pinned on their clothes on Tuesday. Wednesday, students going for more bonus points dressed up in everything from togas to Varnet shirts. Thursday, the festival began at 6:00 in the cafeteria. Friday, a guest speaker from Spain showed a filmstrip of her country to students during classes. This final event brought the foreign language activities to a close. - Liz Boyd and Starr Bourcier



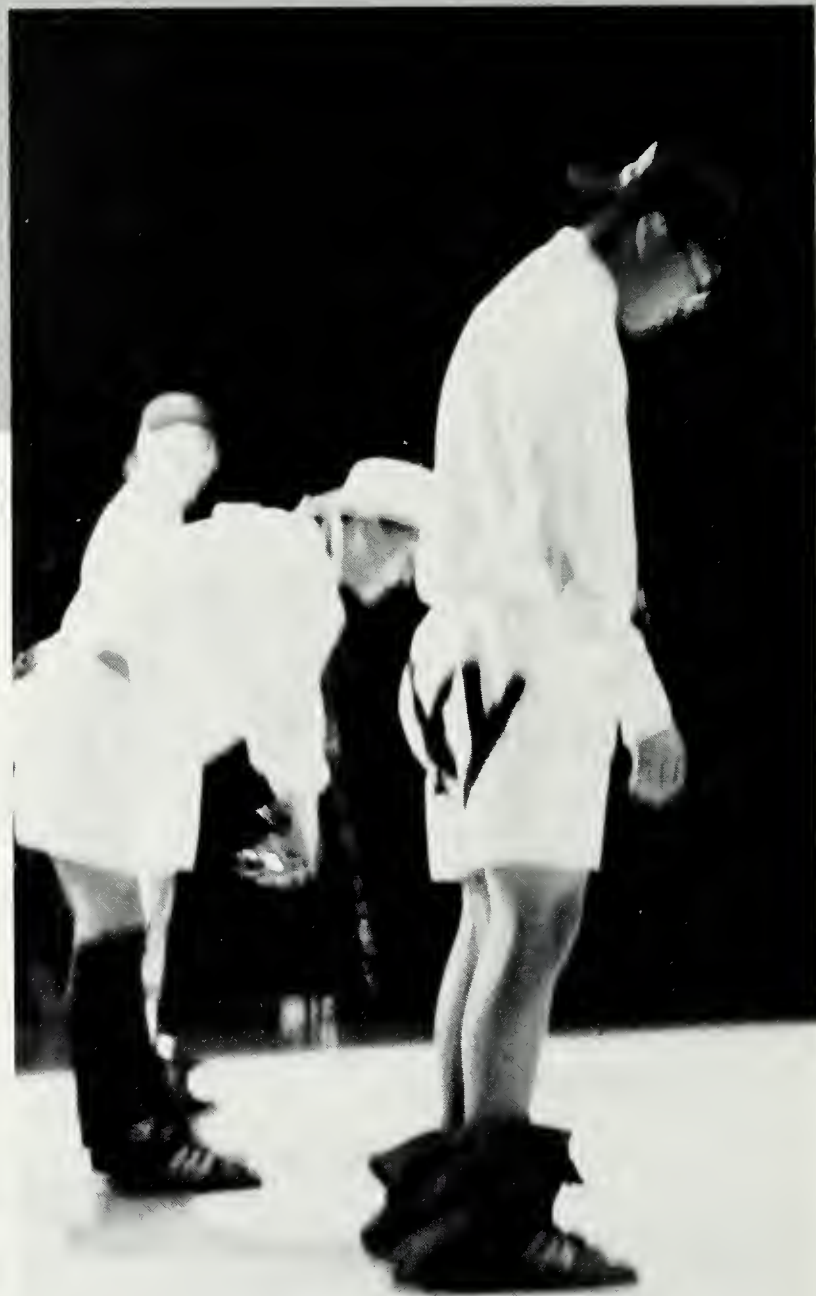
Representing Mexico, Chris Pellegrino and Brady Dehous watch over Spanish students' contributions to the festival. Bringing in display items also gave students a chance to earn extra credit points.

German exchange student, David Hagenaur volunteered for the French display along with Jim Bubb, and Paul Bielewicz. The different foods and pictures brought in by French students attracted attention from the other foreign language students.



Cathie Blanton, Stefanie Hipple, and Mrs. Patricia Droles go over the final details for the Mr. Potomac Pageant. Cathie and Stefanie coordinated the project, while Mrs. Droles and Mrs. Maureen Hjar served as faculty advisors.

During the talent part of the show, Rommel Esguerra and Tony Scissciani strut their stuff. Contestants enjoyed displaying their talents because it gave them a chance to humor the audience.



## Who's Too Sexy?

Scents of cologne filled the backstage as contestants prepared for the male stud review. Nervousness was felt by everyone, even the audience. When the first participant went out onto the stage, applause rang throughout the crowd.

The Mr. Potomac Pageant was sponsored by the SCA, Mrs. Pat Droles, Mrs. Maureen Hjar, Stefanie Hipple and Cathie Blanton. Everyone had to work together to prepare for the big night.

Contestants were cho-

sen by nomination in History classes. Those designated attended meetings and a photo session that consisted of each person choosing a pose and deciding the talent that would hopefully make them a winner. The best photos went to the judges for evaluation.

By the big night, contestants had prepared for a talent and casual wear competition. Finalists also had to participate in a question and answer session. After each participant paraded onto the stage, a winner was cho-

sen by the judges. They picked Mikey Doveberg as Mr. Potomac 1992. Other contestants were given titles including Mr. Cheese, Phil Caramanica, Best Legs and Mr. Behind the Scenes, Micah Minarik, Mr. Congeniality, Rob Satchell, and Mr. Ham it Up, Chris Hobbs. Chris Hobbs said, "The whole experience has enlightened my outlook on being a proud yet studly Potomac student." - Karen Oswald and Tracy Adams



During the photo shoot, students got to chose their own pose. When Chris Hobbs decided to have his in a trash can, Scott Ramsey helped him succeed.

The finalist were lined up at the end of the pageant and asked a question. This decided who was the initial winner, and also determined the winners for each different section.





*Mark Hjar, Matt Morrell, and Mike Neary practice their talent. They all agreed that the ballet wasn't for them. Their performance was full of laughter and it gained points with the judges.*



# I'm Late ...

"I wasn't the only one to see him. You saw the White Rabbit, didn't you?" questioned Alice from the pit, a curious place to begin a play.

In March, the cast met almost everyday. The crew worked hard on the set, which included painting scenery, finding props, and checking both the light and sound systems. "Preparing for Alice was an adventure itself. It was a great experience," said Melissa Dingman.

Because the play

reached different ages, it began with a matinee for several of the elementary schools. The students came to see a condensed version and were served peanut butter and jelly sandwiches, prepared by the cast and crew that morning.

Student director, Theresa Costello said, "I think directing gave me another perspective on drama. I never realized how much work it involved. As an actor, all I had to do was learn my lines, but as director, I

had to do everything."

The play was held May seventh, eighth, and ninth. The staff modernized some of the scenes. When Humpty Dumpty fell, he screamed, "I've fallen and I can't get up!" The March Hare stood up at the Tea Party and sang "I'm too Sexy." Sheri Fountain, who played Alice, said, "If I had the chance to do it again, I would! Alice gave me the chance to be a little girl again." - Cathy Ramsey

Sheri Fountain looks up from the pit. The actors had to overdramatize for the audience to see them.

Meeting her new friend, Alice persuades the White Rabbit to tell her about Wonderland. Mikey Dovberg played the Rabbit and during intermission he mingled with audience members.

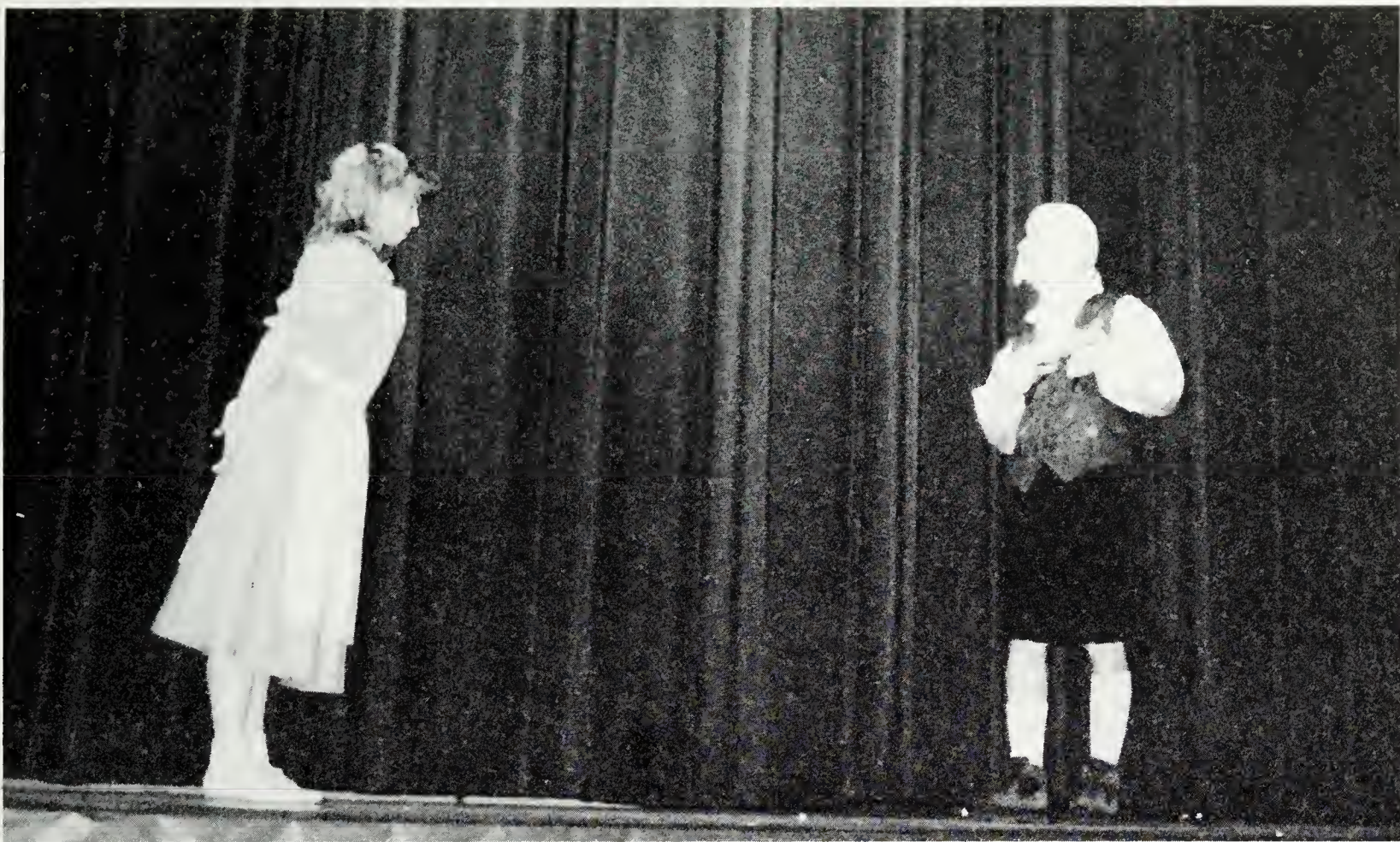


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the play.

Mrs. Debbie Neuhard and Kari Phillips go over the script. They changed the script to include some "modern adaptations," like "the wave" performed by the Wonderland jury.







*Tom Edgington goes on with the show, even though his stuffing is coming out. Later in the show, Tom reacted to an child in the audience, who yelled up at Humpty Dumpty, by working a response into his lines.*





# Moving on

"There was senior week, the senior pranks, and everything else, but it didn't hit me until Baccalaureate that hey, this time it's me graduating," said Rebecca Farris.

Although Baccalaureate, a religious ceremony, was completely optional, most seniors chose to attend. The "moving on" mood was really set when they dressed in their caps and gowns.

The guest speaker, a Baptist minister, touched

the hearts of the participants and spectators as he spoke about the "Three R's" (Responsibility, Relationships, and Rights) of today's society. Mrs. Ann Lockett, in her last year as principal at Potomac, also spoke. Christie Saliski read a poem that she wrote about her life at Potomac. Thomas Becker spoke as the class of ninety-two's president.

At the end of the ceremony, some students hugged and cried at the

thought of deserting all that they had worked so hard for at Potomac. Others laughed and bounded out of the gymnasium, anticipating the future and dreaming of experiences in college. Still others screamed and tore out of the room, anxious to graduate, head to beach week, and then part for four years at college. Some left the room slowly, with butterflies in their stomach - not knowing what to think. - Miranda Johnson

Lea Perry and Cynthia Hudson listen to Lawrence Barr's benediction. Graduates related well to fellow graduates' speeches.

Camarata choir member Heather Caplinger sings in her last performance. Both the Orchestra and Choir performed.



Ian Prymak and Laina Bishop wait for their cue to start playing. Music was a good way to relax those who were nervous about graduating.

Bass player Mike Grasso plays an American folk song as his class enters the gym. The Orchestra played three songs conducted by Mr. Gary Zolman.







*Kimberly Massie sits mesmerized by the guest speaker's presentation. The baptist minister had this effect on many people at Baccalaureate.*







*Chris Anthony and Cathie Blanton check over the outfits for the Choir Spring Concerts. They helped each other out to ensure a perfect performance and to provide each other with a little luck.*





Maria Basile looks on as Michelle Kornicker adjusts Chris Wakefield's tie. Students helped each other to look perfect.

After accepting a full time position at Hylton, Mr. Larry Casey said farewell to Potomac at the Spring Concert.

# On a Good Note



The best way to tell that summer was approaching was by the Band, Orchestra, and Choir String Concerts. They fell during the few remaining weeks before Senior Exams. Since these were the last concerts of the year, students gave all they had to make them special.

The band performed the first concert and played songs such as "The Irish Washer Woman." "These concerts help to prepare me for

the future because I will be able to play better," said Tomika Anderson.

Orchestra performed the second concert. They had practiced every day during class, and both the concert and symphonic orchestra practiced together on a few occasions. "I was excited about my performance because I wanted everyone, to enjoy the concert," said Jessica Caseman. The orchestra played songs such as "Cannon," and they also

played a selection of songs from "Oklahoma."

Choir held the last Spring Concert. The songs varied from "Les Miserables" to "The Secret of Nimh". A couple of songs from "The Phantom of the Opera" were also included in the show. The concerts proved to the students that hard work, patience, practice, and most importantly, talent, resulted in beautiful music that was appreciated by all. - Starr Bourcier



All presenters tried to catch any mistakes. The practice taught members how to control their nerves and to feel confident.

Caseman added that to the final concert. The combined song was "There's Nothing Like a Dance," and the combined members were "going to show that was high Duet to Him."





*Jolyn Carroll and Dora Wybersky separate clothes into different sizes for the Hurricane victims in Florida. All 6,649 pounds of clothing and donations were sorted and packed for shipping by student, faculty, and staff volunteers.*







Chris Clayton loads boxes of supplies onto the Mayflower truck. The truck then took the supplies to the US Air terminal at National Airport.

Mandy Lake, helps Mr. Frank Higgins label a box full of supplies for a child. Toys, paper, markers, crayons and books were donated, as well as clothing.



Jim Bubb, Ryan Bubb, and Hak-eem Atobjaiye load supplies into boxes. The Cross Country Team, Junior Civitans, National Honor Society, and the SCA participated in the fund raiser.

Bridget Byington and Suzie Cipra carry bottled water to the loading dock. Because Hurricane Andrew destroyed plumbing, residents needed water.

## Panthers Helping

After hurricane Andrew struck, Florida was in a great need of help. The government started sending down troops with supplies, such as tents, to shelter the homeless and food to feed them. The problem was: the government was not doing enough.

One night at home, Mrs. Cindy Morrell was watching the news and came up with a solution. Her solution was to do something herself. "I thought Potomac could really make a differ-

ence," Mrs. Morrell said. Mr. Frank Higgins agreed, and together they devised a plan to help.

The next day the rumor was out: Potomac was adopting Palmetto Senior High School, also known as "The Palmetto Panthers." Beginning that day and continuing for two weeks, students, faculty, and the community donated clothing, food, money and toiletry items. Volunteers packed the donations into boxes during the first home

football game, September 18th.

Chris Clayton, one of the student volunteers, said, "It was meaningful because I was able to help people in need, both friends and strangers." Another volunteer Melissa Harner, said, "I think it's a great idea because it shows Potomac Students really care." The students did care, and they proved it by helping others. - Stephanie Vermillion



# Who really did it?

"Who done it?" was a popular question asked on December 10th and 12th when Agatha Christie was performed.

This was the first play that Potomac had done in the fall, which created a very hectic environment for the students and the advisor. Practices were held four to five days a week for two hours. Students practiced the play for five weeks.

The performance for December 10th had to be rescheduled to January

9th because of snow and flooding. But on January 9th the clouds opened up again and the show was cancelled. So students performed the play once (December 12). "I wish we could have done the play more than once, but at least we did it. Once or twice didn't really matter. We did the best we could under the circumstances," said Michelle Leckner.

This was the second year Potomac had two student directors, Beth Nelson and Tom Edging-

ton. Tom also performed in the play as the off-duty police officer. "Acting and directing presented a unique challenge, but with the cast we had, it was easy. They all were real supportive and understanding about the demands which the situation created," said Tom Edgington.

"In the beginning, it didn't look like we could pull it together, but by the last week we clicked and it came together beautifully," said Dana Bamburger.

Writing away, off-duty plice officer Hoospah (Tom Edgington) plans his next scene. Tom created the play as he read the book "How to Write a Murder Mystery."

Ruperta (Dana Bamburger) tells Monte (Mikey Dovburg) that she wants to go into the bedroom. Monte did not want her there because of the dead body he thought was there.



*Rambling on. Jenny the dipper (Michelle Leckner) discusses how she got her job in the chocolate factory. Sam (Butch Mahoney), Monte's lawyer, listens but does not enjoy it.*

*Carl (Regan Wynne), Monte's associate, checks out Jo-Jo (Shana Haring), the stripper, as she struts across the floor. Carl had impersonated Monte (Mikey Dovburg) and married two different women while the real Monte was engaged to Cindy (Sheri Fountain).*







*The Chambermaid (Brooke Newey) tries to ply information out of the Butler (Demetrius Hicks). The Chambermaid ended up being the detective in disguise and solved the whole mystery.*

*Monte (Mikey Dovburg) is playing off the sympathies of Cindy (Sheri Fountain). He wins her over and convinces her that she is his only true fiancé.*





# Music and Majesty

The sweet sonance of voices filled the room in perfect harmony. The audience listened to the chorus in awe. They viewed the props set up while visualizing the enormous hall within a royal castle. This was a night for one to escape from all one's worries.

The theme of the event was based on the Medieval Period which took place around 700 to 1500 A.D. It was a time when knights and kings ruled the land. The music department tried to portray this time period by

decorating the cafeteria to look like a medieval castle. Guests were seated in the great hall of the castle. As the night progressed they enjoyed a feast with the King while they were entertained by skits performed by the magicians, beggars, and minstrels. Mikey Doveberg said, "The chorus worked hard to make the dinner a success. We had a lot of fun in the process. It went pretty well considering the dinner was the first of its kind." Camerata Singers also played a part.

Mr. Allan Weberg, the chorus teacher, was in charge of the dinner. He said, "The Dinner was a big success." Wendy Miller also stated, "I think we did pretty well, considering that the chorus didn't have too many rehearsals. The dinner overall was also a big success. Both the audience and the actors had a lot of fun." Tickets were bought for the reasonable price of fifteen dollars for each person, which included the roast beef dinner and show.

— Dorlisa Mosley



*Wendy Miller smiles approvingly during the show at the Madrigal Dinner. Students had a chance to show their dramatic talents as well as their choral talents during the dinner, which was a fundraising event for the Music Department.*

*King, Christopher Anthony, dubs court jester, William Bernhardt during a dramatic scene. During the Medieval Era, kings dubbed those who were worthy of becoming knights. Court jesters were dubbed in the Medieval Era for honorable services to the King.*







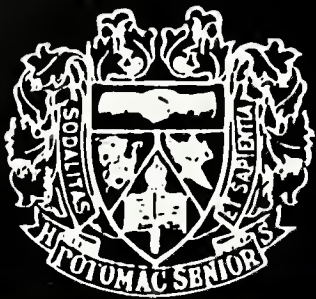
Mr. Allen Weberg shows off his costume for a guest while she looks up at him. There were many moments like this during which the participants mingled with the "audience." Even though the show was dramatic it had its comedic points.

Livingston Lopresti and Michael Lopresti act as court servants and bring part of the feast that was served. Presented by members of the music department, the audience was treated to a six course meal as well as a show filled with drama and music.



Engaged in battle William Bernhardt, a court jester, fights with fellow court jester, Mikey Doveburg. This scene led to the dubbing of the William Bernhardt later on in the production. The mock battle intensified the level of interest in show.





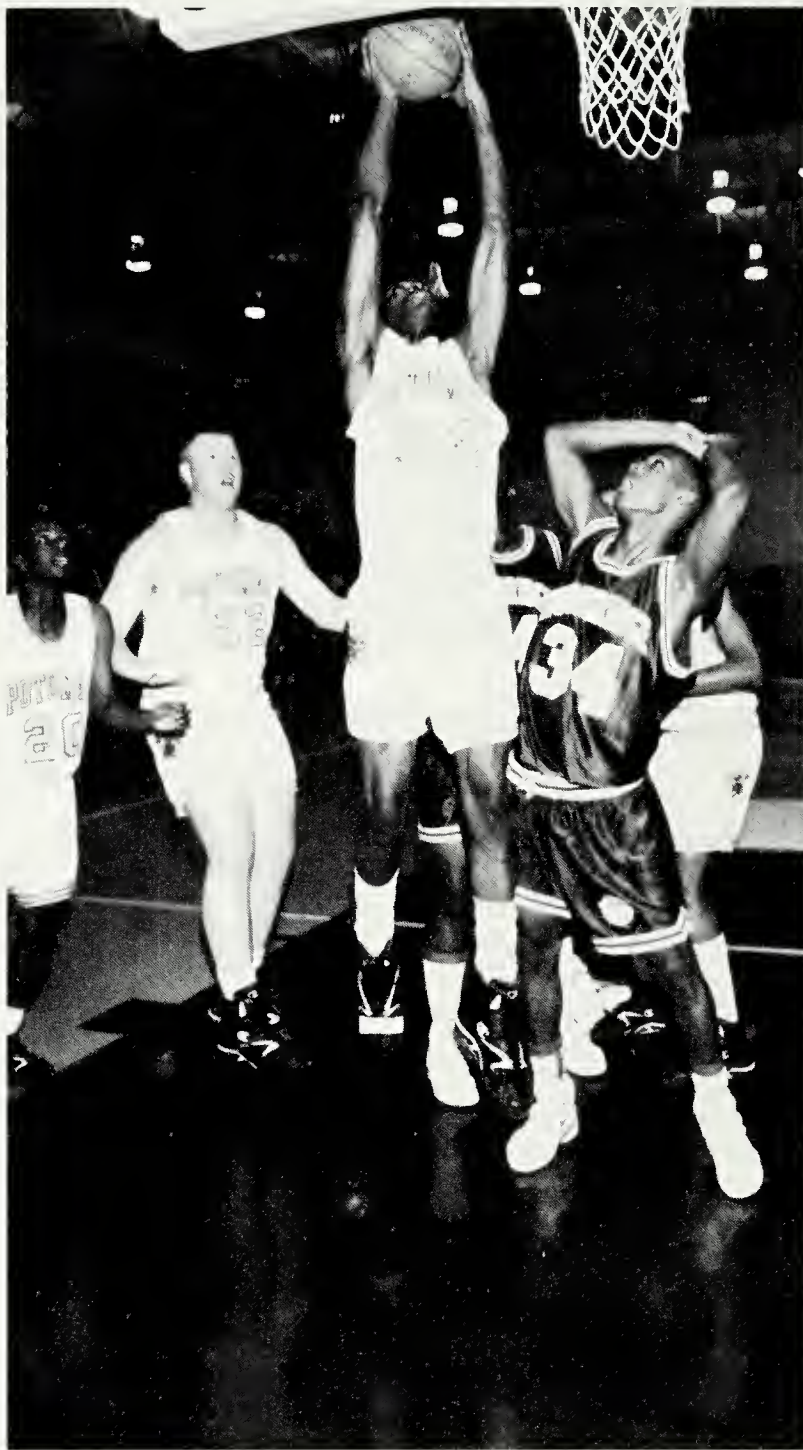
## Sports

Joe Somosky and Shaun Vunder

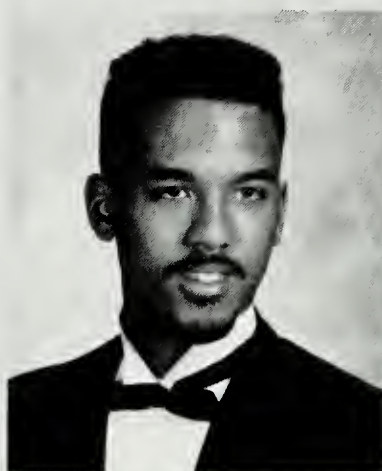
The 1992-'93 Potomac High School Athletic Program seized the moment to rebuild the consistent champion teams of the past. Coaches watched the younger players intently, and searched for the ingredients necessary for Division Winning Teams that were for so long the trademark of Potomac athletics. Teams of the past included players who were pure athletes and players who were natural leaders, both on the field and in the classroom. Senior Linebacker Phillip Whitney was not worried about the future of Potomac Sports, and said, "There are many younger players rising up out of obscurity and they are going to be the foundation of the successful teams of the future." Potomac athletes seized the moment and began the trials necessary to plant the nucleus of successful sports.

Forward Tinaill Harris goes up strong for a lay-up during a home game against Woodbridge as center Sonny Moss positions himself for any possible rebounds.

Potomac Baseball Head Coach Dave Colcombe watches for the throw from the outfield as second baseman Gary Blake slides into third.

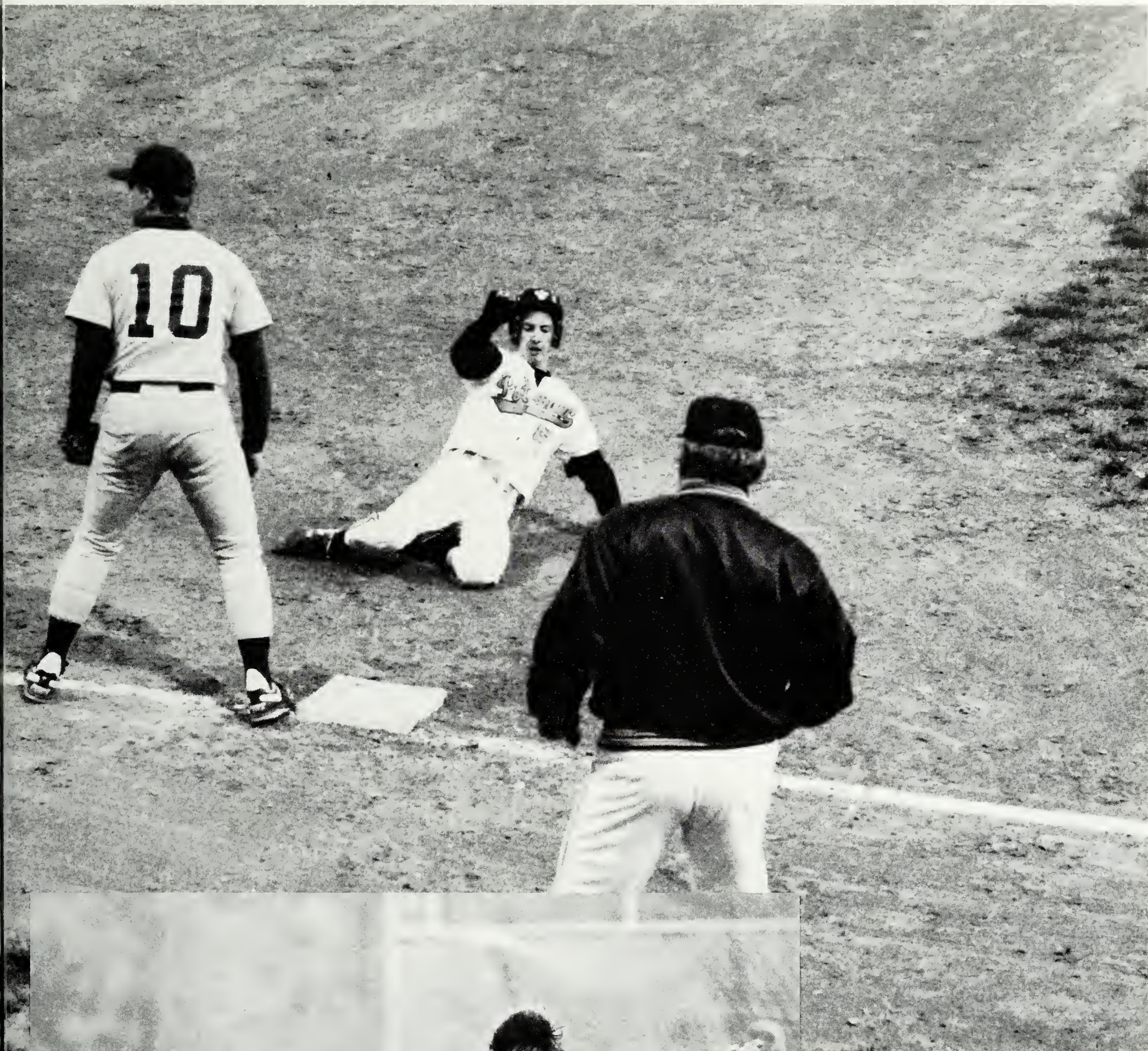


Why do you think the success Potomac Sports Programs have known in the past will return in the future?



"I think that the sports program has now and will continue to do well in the future, mainly because this school has a lot of talented athletes. The coaches know how to work with the students, and that helps the kids use all their abilities to the fullest. —Rob Satchell"





*Jennifer Scudamore combines her soccer skills with a little football stiff-arm while trying to move the ball out of Panther territory.*



# In All Weather

## Women Still Play

**B**aseball is baseball, but softball . . . softball is a whole different ball game. The rules are slightly changed, the pitching is underhand, but the excitement is still the same. Softball was a hard sport to play, from striking out to making a home run, those dedicated women who played put forth the winning effort.

Ms. Sharon Gregory was the new Varsity coach, instructing many of the same players she coached in Junior Varsity. The team, made up of mostly seniors, had to help the

underclassmen adapt to the increased intensity and ability, and to work together as a close-knit family.

Most of the players had been friends since early childhood, and played softball together equally as long. "It was really special to be able to play with such great people. The old friends as well as the new were great and softball was fun and successful this season," said Lara Holt.

The team played in adverse weather conditions, and their competitive spirit helped to bring the team to victory in some unusual cir-

cumstances, like the game against Stonewall. The rain poured, and everyone was soaked. Yet Potomac turned the game around, took control, and won the game 13-22. "The team was dedicated to the very end, and even though we missed the playoffs by half a game, they still were a bunch of hard working women who really played hard and made me a proud to coach the sport," said Ms. Sharon Gregory. - Stefanie Hipple



Front Row: Melissa Dowell, Kristy Blair  
Second Row: Megan Walker, Jackie Overton, Mandi Lee, Rachel Blake, Vikki Allen, Stephanie Robson  
Back Row: Coach Sharon Gregory, Amy Charles-

ton, Lara Holt, Karen Andreno, LaShane Smith, Lauren Epke, Karen Roy, Kim Brice, Assistant Coach Dianne Stevens

After grounding to left field, Amy Charleston runs toward first base. Amy's well-placed single brought a runner in from third to put Potomac in the lead.







*Stephanie Robson gives Kim Brice a high-five. These acts of team spirit helped the team to a successful season.*

#### Softball

Woodbridge 4-1  
 Stonewall Jackson 7-1  
 Fauquier 15-5  
 Gar-Field 0-10  
 Stafford 11-9  
 Hylton 4-2  
 North Stafford 3-10  
 Osbourn Park 1-5  
 James Wood 18-2  
 Woodbridge 4-7  
 Stonewall Jackson 13-12  
 Fauquier 9-8  
 Gar-Field 3-10  
 Stafford 7-4  
 Hylton 1-13  
 North Stafford 8-6  
 Osbourn Park 2-10  
 James Wood 8-4

*Front Row Nora Collins, Angie Griffith  
 Second Row Tami Clayton, Tracey Dent,  
 Jenny Stewart, Chrissy Yesko, Nikki  
 Parker*

*Back Row Coach Brenda Noto, Court-  
 ney Benton, Christy Anderson, Jenny  
 Greene, Karen Dennison, Natalie  
 Chapin*



*Lauren Epke tags the base runner out.  
 Strong efforts like this one contributed  
 to winning games.*



*Sliding into third base, Mike Laskofski is called safe. Baseball required fast reactions and Mike's ability to beat the ball often helped the Panthers win the game.*

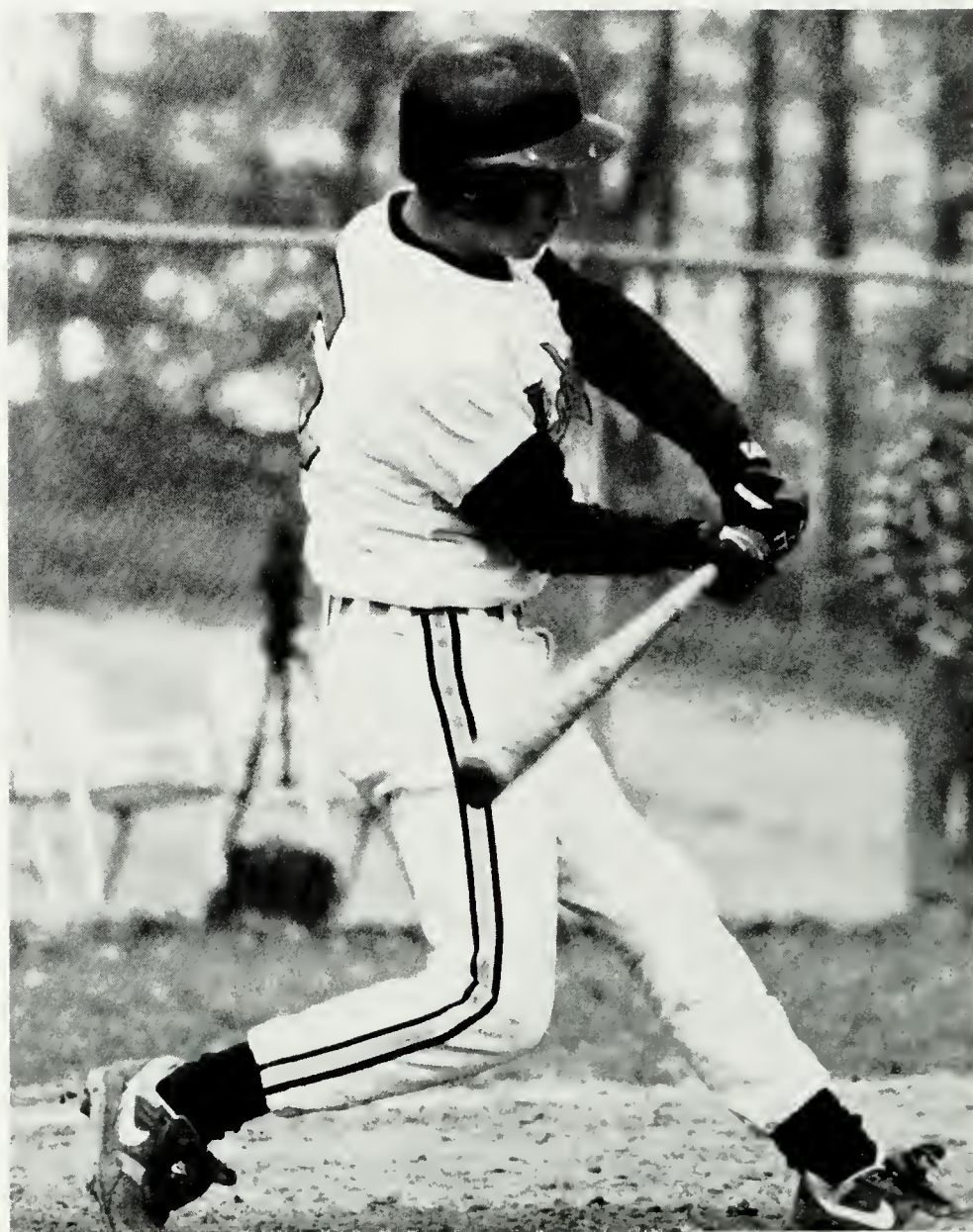


*Front Row Sara Dix, John Wahala, Sean Nieves, Scott Furbee, Randy Merrill, James Hampl, Robert Peterson, Ian Flynn, Ethan Kelt  
Second Row Coach Michael Eye, Bobby*

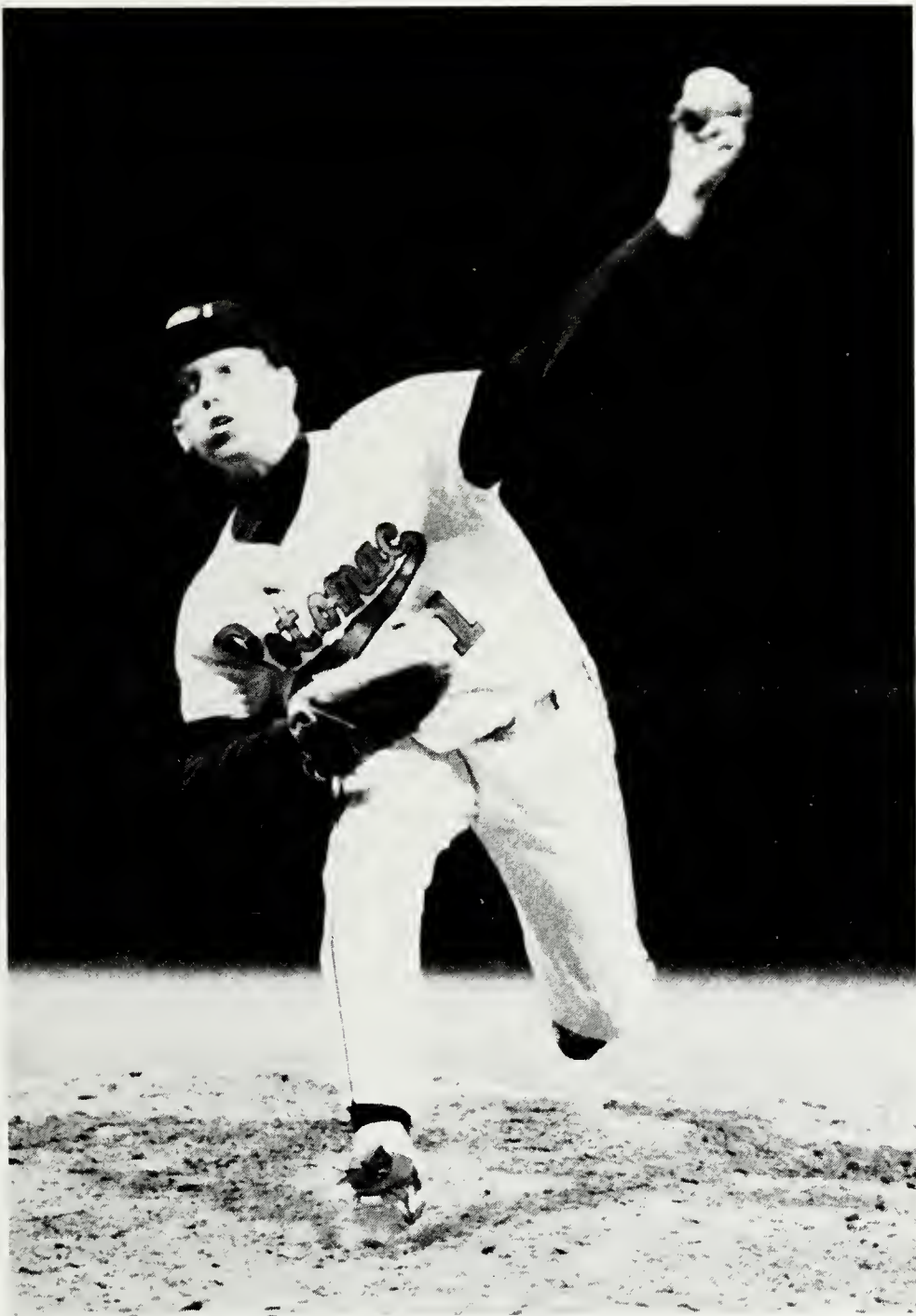
*Gillette, Matt Murphy, Jeff Hootselle, Freddie Wallace, Jeff Gardner, Kevin Brown, Chris Critchfield, Lewis Hardy, Mike Wolter, Billy Rea*

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*With his eye on the ball, Gary Blake swings. His single advanced a runner to second and brought a run home. Concentration was the key to Baseball.*







*With total concentration, Brian Fitzgerald pitches the ball. In 69 innings, Brian struck out 106 players and drove the Panthers to several victories.*

*Front Row Chris St. Jean, Jim Schleis  
Second Row John Clark, Ben Jones,  
Collin Calahan, Rick Clark, Brian Abel,  
Brian Fitzgerald, Gary Blake, Brian Stone  
Back Row David Colcombe, Corey  
Schneider, Shane Stitts, Jeff Vande-  
sand Sonny Moss, Mike Laskofski, Matt  
Yohey, Lindsey Horne, Carl Antolick,  
Steve Webb*

#### Baseball

Woodbridge 5-4 and 1-9  
Faquier 1-9 and 0-6  
Stonewall 5-2, 2-15 and 2-0  
Stafford 3-12 and 0-14  
Hylton 1-3 and 0-11  
N. Stafford 3-9 and 4-1  
James Wood 2-6 and 0-11  
Osborn Park 5-23 and 4-5  
Gar-Field 5-9 2-0, 3-2, and 11-0  
Polaski 0-11  
Danville 1-3  
W. Springfield 2-1



# To the Top

*They Suprised Us All*

Potomac Baseball was full of activity this season. There seemed to be an abundance of anxious moments, guaranteed to bring out the spirit and pride of the the students and staff members who came out and supported the team. There were tense moments and unforgettable ones as well. Who could forget when Brian Fitzgerald pitched for 7 out of 10 victorious games? Or when Brian Stone stole two bases and scored on the double against Osborn Park? Nobody could forget when Sonny Moss hit a 2-run home-

run in the semi-finals for Regionals in the game against George Washington Danville. And everyone was aware of how well rookie catcher Corey Schneider proved his versatility. Baseball was magical this season and everyone who went saw the team play wonderfully.

Skeptics who predicted that the team would not place in the District Championships were suprised when they placed second, and went on to earn one of the top four positions in the state. The team finished with an 8 in 24 record, beating such rivals

as Woodbridge, Faquier, and Osbourn Park. The team experienced a season that could not be forgotten. "We all played really well after we worked out certain kinks. We were like a family and the way we played reflected our efforts," said Lindsey Horne.

The team worked through many challenges, and pulled together to create an awesome season. They met their goal to play and play well, and made their mark on Potomac as the team that would not give up. - Stefanie Hipple



# On the Ball

## Getting It Together

**T**eamwork is defined as the cooperative effort by the members of a team to achieve a common goal. It was obvious that the Girls Soccer team possessed this quality.

Both teams got off to a slow start due to a tremendous difficulty finding players for the Junior Varsity team. Due to this complication, the process of choosing players was changed. Players volunteered to play and the Varsity team played for both teams. Tom Giska and Mark Purtell pulled the girls together and did

their best. "I think that the willingness to work together led us to our victories," said Helen Hines.

After they overcame the dilemma of the extreme shortage of players, the team pushed to achieve glory. With a brand new coach, Tom Giska, and a new team, the girls had to work even harder to come out on top. Jennifer Scudamore commented that, "We had a rough season, but we found the desire and effort to keep moving forward." This desire came from exercises and drills that occupied the time during the

excruciating practices. No matter what the weather was the team practiced. These practices helped the girls during games and were responsible for their many victories.

Even though the team did not win all their games they learned something else. As Kristen Lott said, "We did not have a winning season but we were taught determination, which will get you further in life." The girls learned lessons in soccer as well as in life because everyone pulled together.



Front Row: Kristen Lott, Jennifer Thrall, Kathy Alberts, Jennifer Ghilsolfi, Jennifer Scudamore, Second Row: Guadie Montesa, Tara Cristian, Maria Hernandez, Melanie Rogers, Jennifer Markiewicz, Angela Nester, Ashley Gooding, Lori Jankiewicz, Erin Merica,

Bridget Byington, Back Row: Coach Tom Giska, Theresa Lloyd, Ashley Rogers, Kathy Rucker, Claire Collins, Stacey Tarbet, Helen Hines, Katie O'Conner, Becky Parker, Brenda Rossing, Beth Geer, Coach Mark Purtell

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*Fighting to get the ball from her opponent, Lori Jankiewicz uses her dribbling skills to help take the ball. Drills were used to master such skills which eventually helped to perfect their game.*







*During halftime Tom Giska tells his team their mistakes as well as their glories. These talks helped the team have more determination to win the game.*

#### Girl's Varsity Soccer

Mt. Vernon 3-1  
Osbourne Park 2-2 and 0-2  
Stafford 6-0 and 6-2  
Marshall 1-2  
Stonewall 2-2  
N. Stafford 0-9  
Gar-Field 0-6  
Hylton 1-0  
Woodbridge 0-5  
Fauquier 1-2

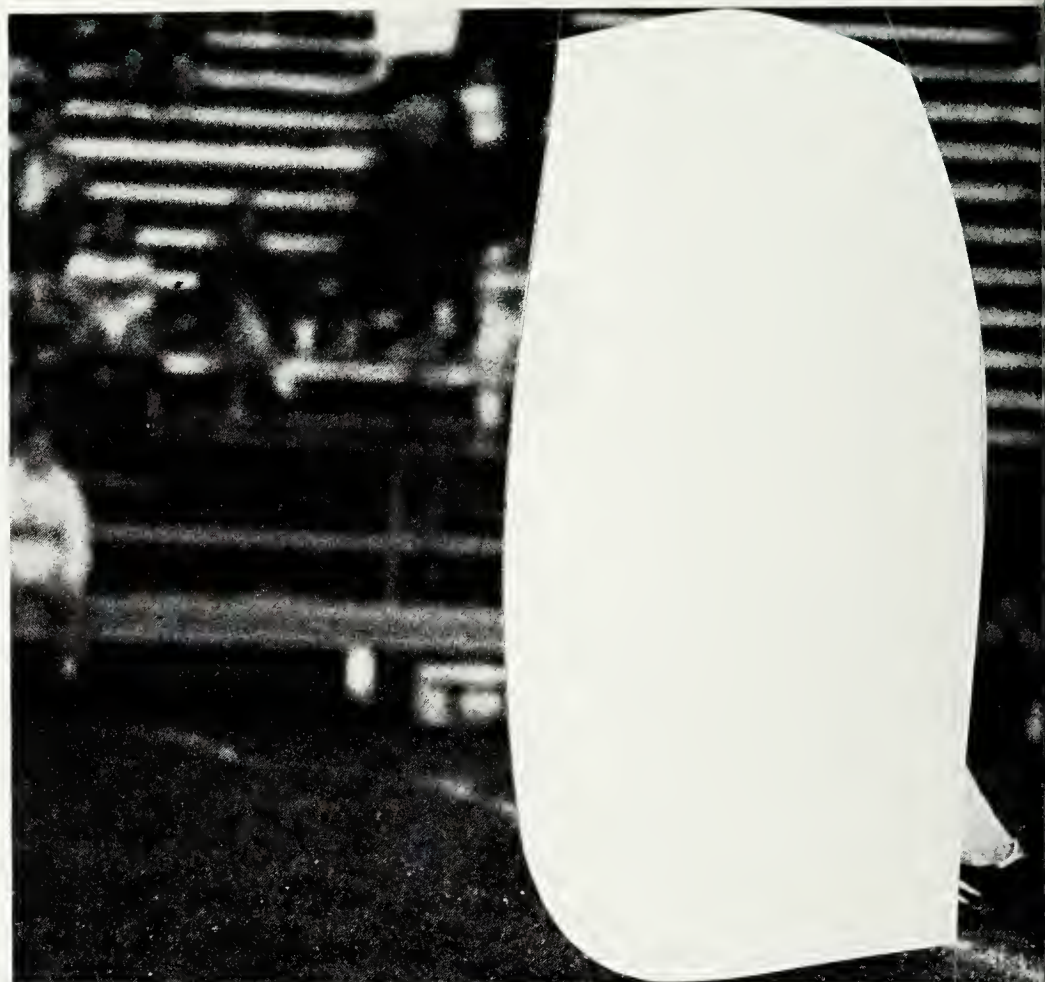
*Girls J.V. Soccer: Front Row: Heather Helmuth, Kathy Alberts, Kristy Finucan, Second Row: Heather Gillen, Jaime Ardiolo, Tiffany Jordon, Courtney Manuel, Jacelyn Moros, Stephanie Vermillion, Wendy Hornback, Back Row: Coach Mark Purtell, Lanna Hunter, Julie Sudder, Erin Zane, Kristen Wheeler, Elizabeth Greenhaugh, Anna Guerra, Coach Tom Giska*



*Goalie Jennifer Ghilsolfi catches the ball. The goalie was the last person who could prevent the opposing team from scoring.*



*Chris Anthony and John Kraft work together to pass the ball downfield to an open player. Working together as a team led to victories and success. Precision passing and lots of hustle resulted in game-breaking scores, a trademark of the 1991 come from behind Panther Varsity Team.*



*Back Row: Coach Michael Young, Mike Tribe, Micha Henry, Mike Smullen, Steve Boyd, Dan Sava, Chris Wakefield, Gabe Sava, Dave Caramanica Middle Row: Jason Wynn, William Beckman, Stew Rumley, Chris McCarty, Jim Barrows, Mike Costa, Lee Rumley, Robert Gurrera Front Row: Kendrick Russell, Jack McGovern, Josh Seclino, David St. Jean, Carlos Cabinez, Matt Boyd, Ned Baron*

*Phillip Caramanica and J.D. Cain congratulate Matt Rossi after a successful scoring attempt. Clutch Goals led to timely victories and a berth in the Commonwealth District Championship Playoffs. Potomac placed fourth in the tournament, losing 3-0 to Woodbridge Senior High.*





# Victory

## Potomac Soccer Claims 4th Place

**D**evotion and tact proved to be key elements in the Panther's .500 regular season record. Playing with the odds stacked against them, the Boys Varsity soccer team surprised critics and earned a birth the District Playoffs. A 3-0 loss to Woodbridge High School did not tarnish the above-expectation season the boys turned in.

Geoff DePersia and J.D. Cain led the way for the Panthers, claiming the Co-MVP awards for their shining performances throughout the

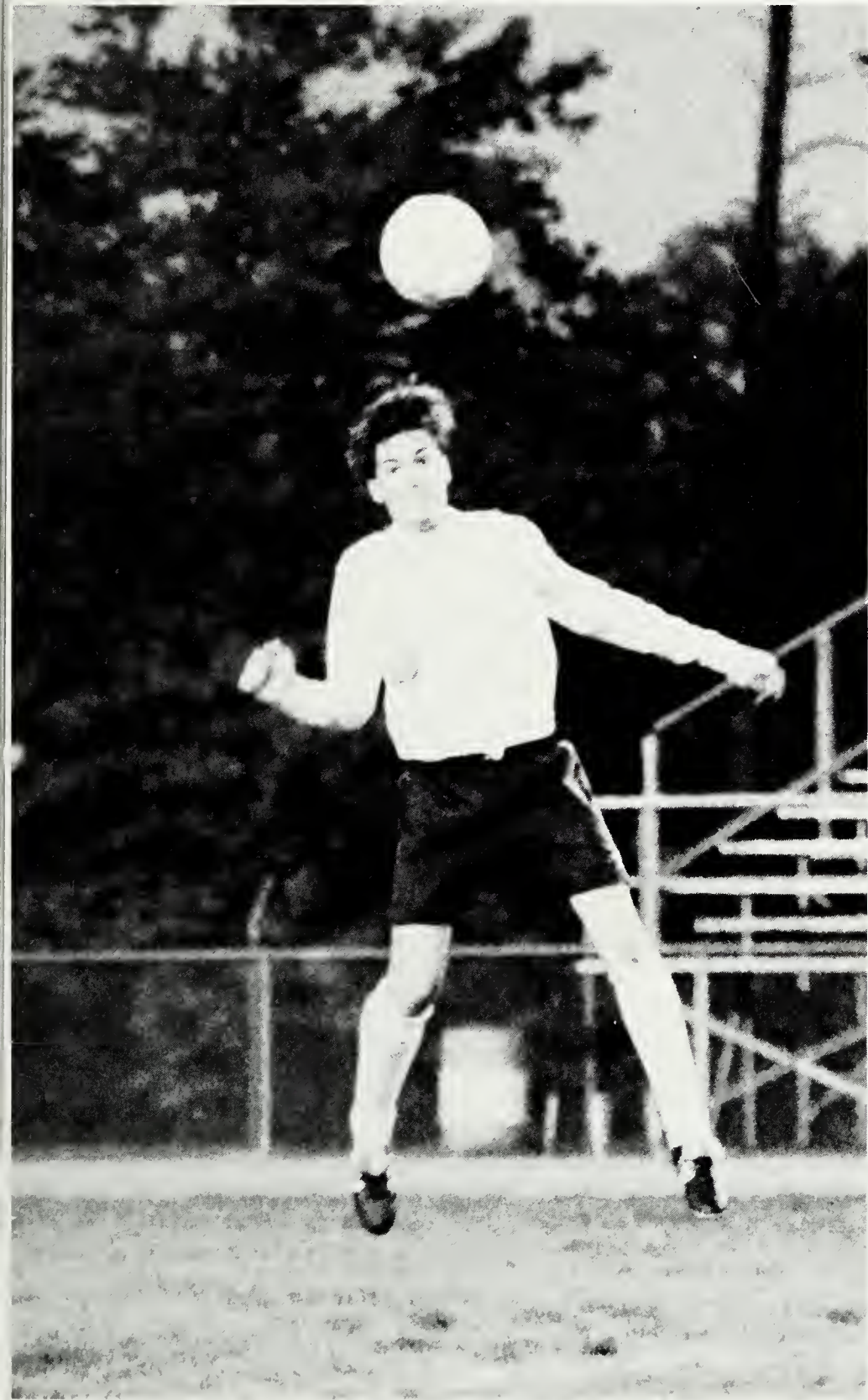
season. John Kraft emerged as the team's most improved player, and earned honors for doing so.

The entire team was loaded with talented players that had the burning desire to win, and they all pulled together and contributed equally to the team's success. Victories came with positive attitudes and teamwork. Everyone got a chance to play, and made the most from every opportunity. Ed Donahue and Bobby McGovern provided quality depth from the bench, providing key plays and game saving clutch perform-

ances in place of resting starters.

Vigorous practices were held throughout the week, but paid off in the end. "The exhillhiration of just being on the field and playing the game with lots of intensity made the work worth while," said Matt Rossi.

Head coach Earl McEachern provided the experience and tact necessary to succeed in the highly competitive Commonwealth District. Chris Anthony said, "He encouraged the players to play their best in every game." - Joe Somosky



*Back Row: Bobby McGovern, Brendan Sullivan, Scott Gordon, Mark Fox, Tony Allison, Billy Theroux, Tony Scisciani  
Front Row: Matt Rossi, Matt West, John Kraft, Jimmy St. Jean, J.D. Cain, Ed Donahue, Chris Anthony Kneeling: Phillip Caramanica, Coach Earl McEachern*

*Brendan Sullivan heads the ball back out of Panther territory, successfully deterring the opposing team's drive. Intensity and courage were trademarks of the truly unforgettable season.*



# Love Lost at Potomac

## Being Set Up

**T**hrough the year the hard work of the Boy's Tennis team led to an 11-0 season, compared to last year's 9-2 season. The wins included capturing the District Regular Season and the District Title. Undefeated players Chris Payant, Jason Erie, Paul Hurlocker, Bobby McGovern, and Patrick Drews led the way as the team went to the top.

Going to the top had its obstacles. The biggest obstacle was playing Potomac's main ri-

val, Woodbridge. "It was the highlight of the season. It's been a while since we've defeated them," said James Hill. Unlike the year before, Potomac defeated Woodbridge twice.

Among the advanced players was Most Valuable Player, Chris Payant. Playing at Potomac for four years gave him the skills and earned him Most Valuable Player.

Chris Payant was not the only one recognized. The Most Improved award went to Jason

Erie. The extra time that he put into the game made a great difference. Jason went up from #7 seed to #3 seed this past year. Exchange student Patrick Drews also stood out.

"Having Patrick on the team was a plus to our program. He played well all season and blended in with the guys very well. It was nice to have someone around who can tell stories about tennis in another country," said the coach, Mike Cullen. - Stephanie Vermillion



### Boy's Tennis 11-0

9 Osborne Park 0  
9 Faquier 0  
9 Stafford 0  
8 Woodbridge 1  
9 Gar-field 0  
8 James Wood 1  
9 North Stafford 0  
8 Hylton 1  
9 Stonewall 0  
9 Osborne Park 0  
6 Woodbridge 0

*front row: George Hummel, Rossi Borneo, Jamie Hill, Chris Payant, Jason Erie, Ryan Jacoby back row: Chris Taylor, Patrick Drews, Paul Hurlocker, Averill Anderson, Matt Kurylo, Walter Smith, Mike Burns, Kyle Van Houtan*

*Playing tennis was only one of Patrick Drew's contributions to Potomac. The foreign exchange student from Germany participated in various clubs and sports that were not offered to him in Germany.*







*Watching the ball hurdle towards him, Jason Erie, the winner of the Most Improved Award prepares to return the ball to the opponent. Jason earned his award by working his way up from #7 seed to #3 seed in one season.*

*Most Valuable Player, Chris Payant, swings gracefully while sending a powerful return to Stafford. Chris's skill contributed greatly to the team's success.*





# Girls' Tennis

## Getting Back to Basics

This year, the Potomac Girls' Tennis Team began the same process that many other Panther sports are undertaking - Rebuilding. With the past year's graduating class drawing away mainstays Vikki Garrison and Denise Rodriguez, Head Coach Mike Eye was faced with the arduous task of replacing graduates and still have a competitive team to play during the season.

Newcomers Heather Gillan and Kristen Wheeler both turned

out standout first-year seasons, and Seniors Debbie DeHarde, Lakisha Ridley, and Moti Khanna contributed to help introduce them to the High School level of play. Their experience proved invaluable to the newcomers, and the insightful tips they offered will help in future seasons of tennis. "You can learn a lot from just watching Debbie or Keesha," said sophomore and second year player Amy Bahn. "Their style of play and the intensity they play with gave the

younger, inexperienced players ideas on how to match up to their opponents."

The loss of so many players did not tarnish this year's season, however. Lakisha Ridley said, "Our season was fun this year. We had a lot of newcomers and they were great to work with. Potomac could once again become a successful team if they acquired more young players that want to learn and play every day." — Joe Somosky



*1992-'93 Potomac Girls' Tennis Team  
Kneeling: Debbie DeHarde Standing, Left  
to Right: Moti Khanna, Kristen Wheeler,  
Head Coach Mike Eye, Sunny Kleven,  
Heather Gillan*

*Senior Lakisha Ridley follows her serve during a match against Stonewall Jackson high school. Lakisha's experience helped younger players make the transition to high school competition and at the same time kept Potomac a challenging team to beat.*



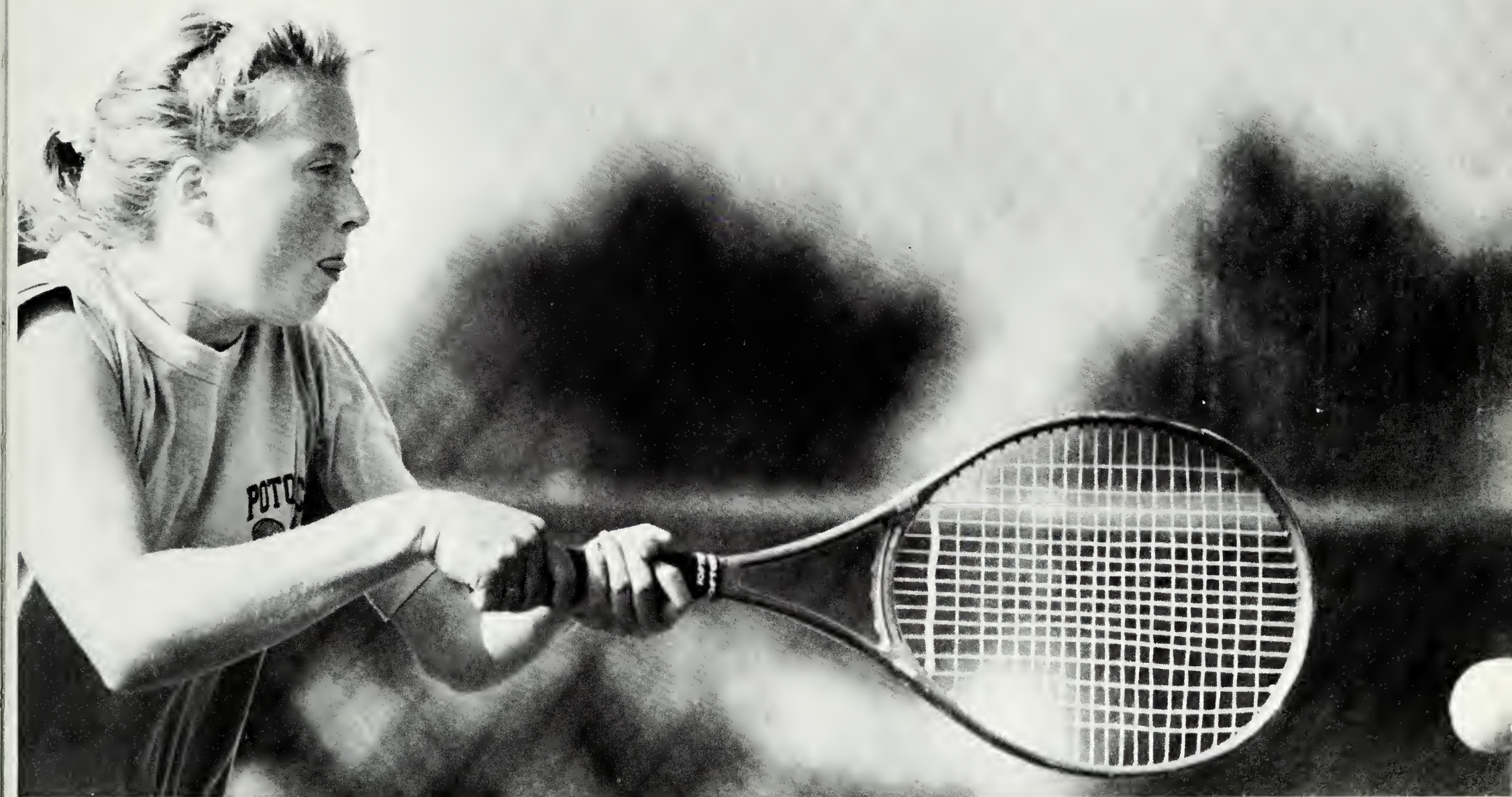




*Senior Debbie DeHarde blasts a powerful serve across the net during a match against Woodbridge High. Debbie performed in gymnastics, track and was the Jr. Civitans President as well a tennis player in her senior year.*



*Sophomore Amy Bahn returns a volley during practice on the courts behind Potomac High School. Amy, like Debbie, performed gymnastics as well as playing tennis.*



*Top seeded Sunny Kleven shows perfect form in returning a volley during a home match against Woodbridge. Sunny's consistent performances in hostile weather conditions and against area school's top players brought praises from the Potomac News and the Prince William County Journal. (Photo courtesy of the Potomac News)*



Doug Haynesworth and Chris Clayton make a final push as they near the finish line while running the 110 meter hurdles. Chris and Doug consistently placed in the top three in meets against local schools. Doug made a name for himself during the season by placing first in the district, third in the region, and fourth in the state competing in the 110 meter hurdles.



Chad Grover helps stretch out Jen Gilmer before another strenuous practice begins. Chad and Jen were excellent long and middle distance runners, and strong performances were common from them. Chad ran both indoor and outdoor track, and even ran cross country in the track off-season. Year-round competition kept Chad in shape, competitive and hungry for victory.

Kevin Swinton flies through the air as he competes in the long jump. Practicing hard and weight-training built powerful legs that helped him place in the 4x100 relay and in the high jump. Kevin adequately filled the spot on the relay team that was vacated by graduates Micah Brown and Brian Simpson. The relay teams were some of the most successful point winners on the team.





# Just Do It

## It's In The Shoes



Silence. Poised athletes crouch over their starting blocks, potential energy building up inside their legs like a pair of loaded coil springs. A blast from the starting gun shatters the silence like glass, sending the athletes blazing down the track with one thing on their minds: Victory. This is track at its best, and Potomac helped to ensure that the Commonwealth District was one of the most competitive districts in the state.

Greg Henley and Doug Haynesworth set individual school records in both the hurdles and the long jump events, and berthed in the district finals.

Other notable performances were Greg Henley's placing first in the district for his long jumping distances, and Doug Haynesworth, who, in his first year running Potomac Track, placed fourth in the state, third in the region, and first in the district. Clocked at 14.5 seconds during the state meet, Haynesworth

attributed his slower than usual time for his lack of practice in the rain. Doug commented, "I pray all the time, and most importantly, I focus completely on my race."

Area schools must put their best runners up against the highly competitive runners from Potomac. "This team has really come on as a threat in the district," said sprinter Joe Bailey. "No one takes us for granted anymore." — Joe Somosky



First Row: G. Henley, R. Jefferson. Second Row: C. Swanson, S. Soares, L. Latimore, P. Keith, J. Gilmer, H. Hines, K. Didi, P. Patterson, D. Anderson, L. Curry. Third Row: S. Smith, K. Herd, K. Swinton, J. West, B. Shifflett, C. Grover, R. Bubb, M. Koontz, J. Bailey, J. Young, C. Clayton. Fourth Row: P. Biliwitz.

D. DeHarde, M. Spencer, C. Krieler, T. Christian, M. Khanna, C. Adams, N. Jones, M. John-Williams, Myla Spencer. Fifth Row: Coach Sterns, D. Haynesworth, D. Hidenhour, D. Kitchen, M. Morrell, R. Roberts, J. Bubb, S. Wright, O. Russell, B. Levitt, H. Atubadaji, Coach Hummer, Coach Kearney.

Preparing to touch down during the long jump, Debbie DeHarde braces herself for a landing. Debbie racked up many points for the Panthers, and was a huge contributor to the overall success of the team, as one of the most consistent members on the girls' team. Debbie participated and excelled in both the long jump event and the high jump event. Gymnastics kept her in shape for track.



# Cross Country

## Spending Quality Time With My Shoes

"I spend a lot of quality time with my shoes," said cross country runner Jim Bubbs. "They've been there with me through plenty of races." Cross country runners spent so much time in the woods outside Potomac High School, preparing their endurance before they had to pit themselves against the competition, that their shoes became friends to them. Meets and events were long and grueling and the long distances usually split up the team members,

leaving runners alienated from company, that is, except for their shoes.

People wonder why anyone would want to spend so much time running, running during the summer, running in the fall and winter months, and running the long races at meets. Why? Scott Keith says he loves running cross country because, "Cross country has to be my favorite sport. We always worked together." Pat Keith runs cross country running because, "The

feeling of complete exhaustion after a long race - I know I've given the race my all when I feel completely drained."

Potomac Cross Country also had a knack for coming up with witty and interesting team themes. Last years theme, "Longer, harder, deeper in the woods," was popular among students and runners alike. Stressing the team's goal of excellence, Scott Keith said that this year's theme was, "We Like It on Top!"—Joe Somosky



Front Row: Tracy Cheatam, Scott Keith, Paul Bilowitz, Tara Christian 2nd Row: Cliff Krieler, Michelle Spencer, Jenna McGwire, Jen Gilmer, Pat Keith Back Row: Coach Bill Stearns, Helen Hines, Mike Koontz, Chad Grover, Jim Bubbs, Hakeem Alobajavie, Ryan Bubbs, Miranda Johnson, Myla Spencer

Girl's Cross Country runner Tara Christian bends over from exhaustion after completing part of the daily drills. Track Head Coach Bill Stearns used a number of practice techniques, starting with a warm-up lap and continuing with wind sprints and endurance builders and usually finishing with a cool-down lap.







James Bubb falls to the ground after reaching fatigue during practice. James and his younger brother, Ryan Bubb, offered each other friendly competition during both meets and practices. Jim started running track and cross-country after following the advice of his friend and fellow runner student Chad Grover in the tenth grade.



Girl's Cross Country runners Myla and Michelle Spencer relax between drills. Myla chooses to stretch out and stay limber while her sister lays on the track trying to suck in some much needed oxygen. All runners chose different methods of resting and reserving energy during practices, from pumping legs in place to collapsing on the

Shadows bend in trick Keith and P. of cross country as another long Hours and hours the runners by durance, and a future meets an

k. Patrick group to turn down. benefited endurance forward



# The Home Advantage!

## Who's Was It?

Because the Woodbridge, Garfield, Hylton, and Potomac Golf teams all played at the Montclair Country Club there was question of which school the Club represented, especially since Montclair was part of both Potomac and Hylton's districts. "Personally, I feel that being able to play at the Montclair Country Club golf course was a major advantage to the team, because most of us are residents of Montclair and know the course well," said Mike Epke

There were never any real home matches, because the course was used by all four schools. How did the schools settle these disputes? When Potomac played an opposing team, the two teams flipped a coin for the "home advantage." "Having other teams play at Montclair, you couldn't feel any home advantage," said Eric Novotny.

The Golf Team had an exceptional season this year despite who had the advantage. "Next year we will need underclass-

men to carry the Potomac golf tradition," said Chris Wakefield. The Panther Golf Team ended with 5-5 record and Shane Stitts qualified for the Regional Tournament.

When the team went to the District Tournament six of the seven teammates participated. Even though the team did not place as a whole Paul Reucker and Shane Stitts finished among the top in the district. -- Shaun Vunder



Front row Mike Epke, Shaun Vunder, Scott Gordon, Chris Wakefield. Back Row

Shane Stitts, Eric Novotny, Coach Kendall Hayes, Kevin Brown, Paul Ruecker.

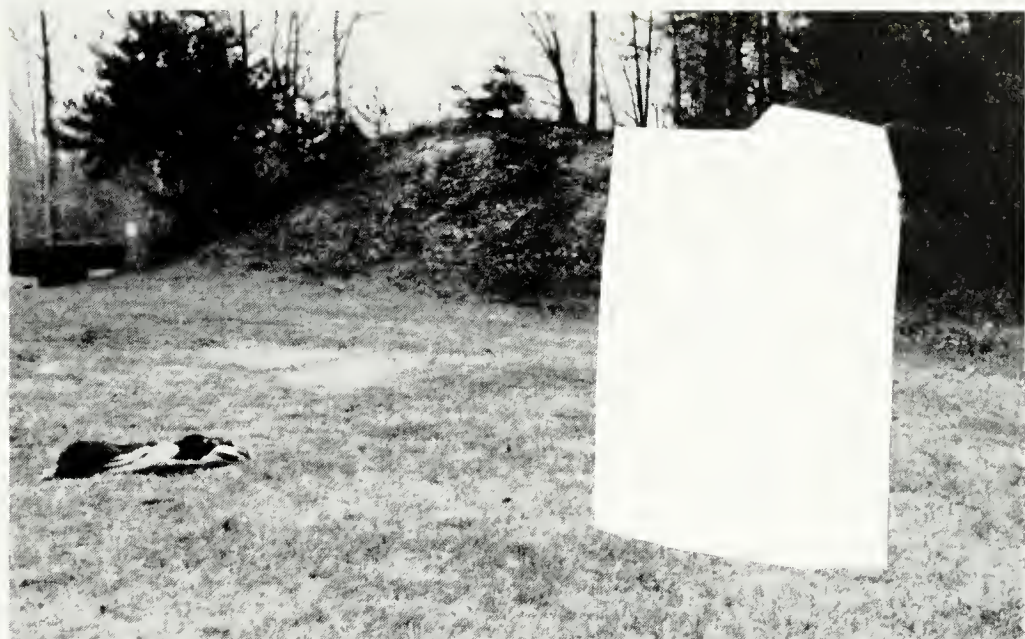
*Chris Wakefield winds up for a five-iron lay up shot at the Montclair golf course to improve his score. Chris was the only junior on the team that played Varsity, and he plans on playing for the team in '94.*







*Eric Novotny and Chris Wakefield converse about how they are going to play their next shot. Golf takes a lot of thinking and concentration along with the physical part.*



*Mike Epke lines up his shot for par off the fairway. Mike was also a player on Varsity basketball team, in addition to being a vital part of the golf team this year.*

*Mark Pavlick chips a shot with a sand-wedge. Chipping plays a big role in the game of golf, because eluding and escaping sand traps usually decided how far over or under par they would finish.*







Front Row: Nick Frezza, Anderson, 2nd Row: Nathan Russell, Smith, O'J V, mix 3rd Row: triyanh, Ro... brown, Wille Collins, Shawn Hyman 4th Row: Nick Mitchell, Aaron Catlett, Sam Coillot, David Naylor, Ryan Ulrich, Billie Jones

rton, Hen-Na-mes, He-han-triyanh, Ro... brown, Wille Collins, Shawn Hyman 4th Row: Nick Mitchell, Aaron Catlett, Sam Coillot, David Naylor, Ryan Ulrich, Billie Jones

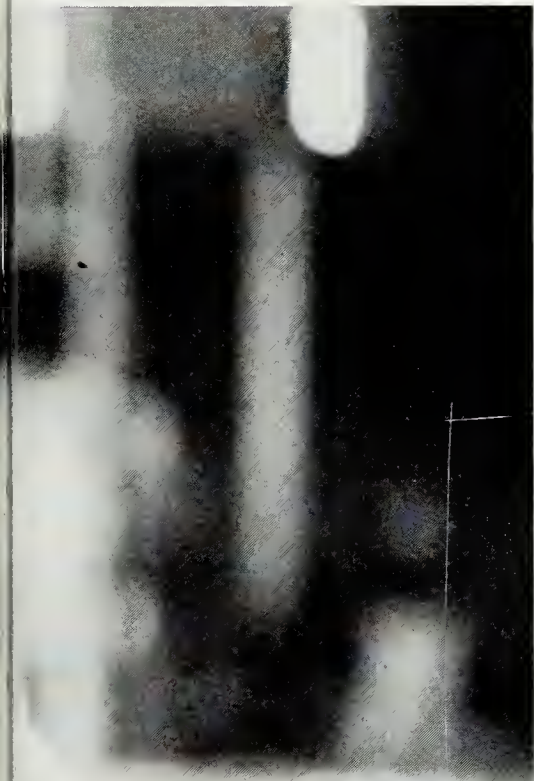
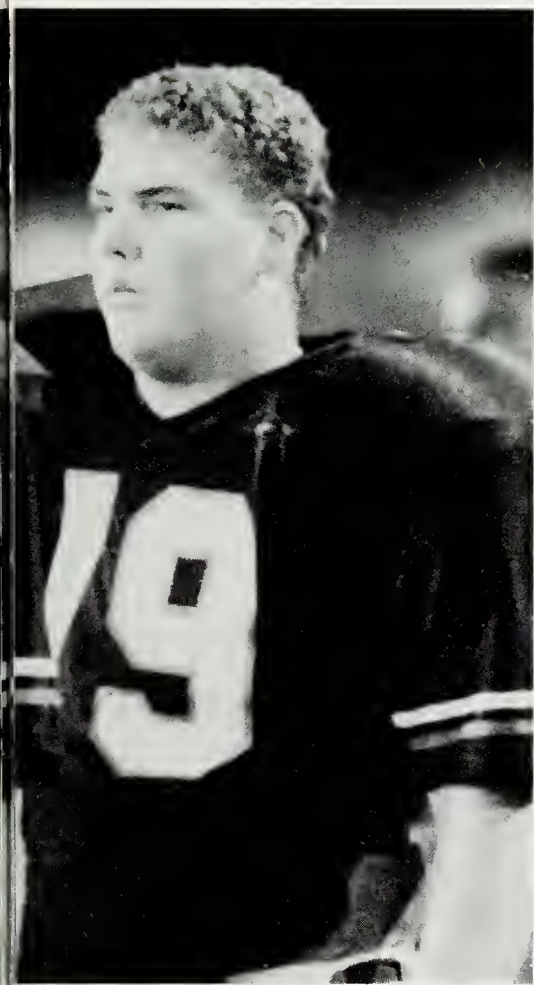
All District Right Tackle Tom Edgington and offensive lineman Mark Fox stand tall and face the colors as the National Anthem is played before a home game against Woodbridge High School. Tom and Mark had prior experience at their positions, and anchored Potomac's strong offensive line. Tom started at varsity right tackle both his junior and senior years in high school.



Panther Varsity Quarterback Erskin rolls to his right while looking for an open wide receiver. When a situation arose, Erskin could throw a accurate spiral downfield or run himself. Erskin provided leadership on the field and on the sideline keeping the enthusiasm level up for his mates focussed in the action throughout the game.







# Football

*Playing it One Game at a Time*

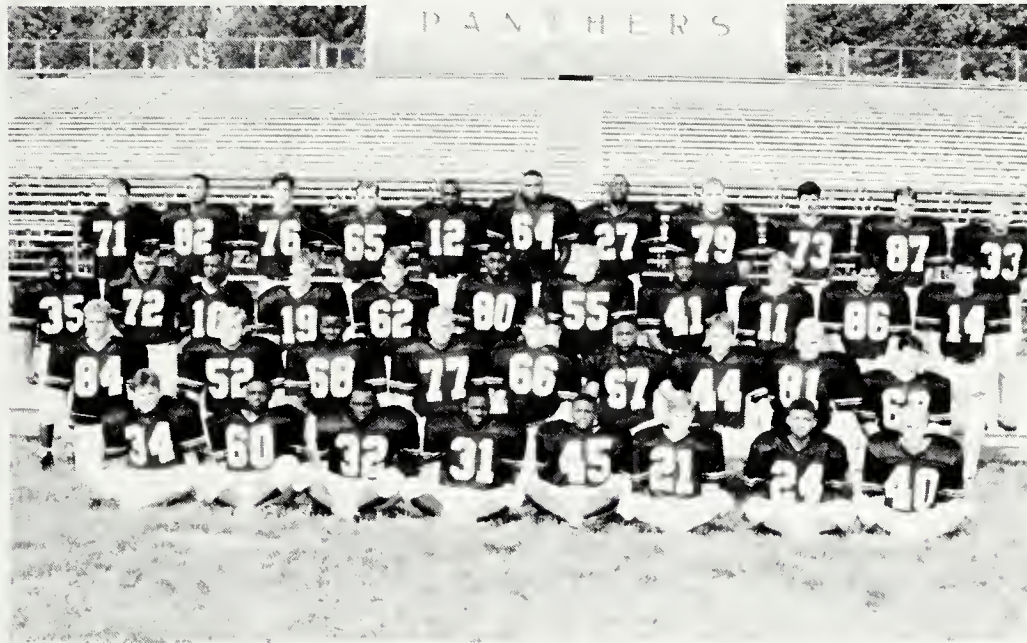
This year, the Potomac Varsity Football Team continued the rebuilding process initiated last season by new head coach Tom Secules. Coach Secules began the enormous task of finding players who could serve as the nucleus of a winning program, the foundation needed to compete with the highly competitive teams in the area. Many key position players were lost to graduation the year before, and Secules began the season by finding apt replacements to fill

their shoes.

Quarterback Erskin Fox stepped in to provide leadership and tremendous skills in both passing and running the ball. Defensive End/Tight End Kevin Wilson said, "There are just so many things he (Erskin) can do with the ball, it's incredible. So many times this year, his scrambling ability turned potential lost yards into huge gains and scoring opportunities." Wide receiver Robert Satchell led the team in caught passes

and total passing yards, and also contributed on defense.

Defense was a huge area of improvement, with linebackers Eric Agustin and Phillip Whitney forcing opposing teams' running-backs to the outside to be pounded by cornerbacks Greg Henley and Kevin Swinton. Phillip Whitney said, "Playing together on defense kept other teams from getting too far ahead and kept us in the game." — Joe Somosky and Matt Lee-Torres



Front Row: J. Wolford, D. Golden, G. Henley, P. Whitney, J. Jones, M. Carver  
Second Row: B. Herdt, C. Critchfield, Q. Queen, T. Edgington, D. Peck, J. Devito, K. Wilson, A. Anderson  
Third Row: E. Augustin, E. Fox, B. Jones, T. Noto, T. Terry, J. Young, K. Swinton, M. Beall, E. Donahue  
Fourth Row: B. McDonald, R. Satchell, S. Dowling, C. Canada, S. Wright, J. Curtis, L. Rankin, B. Fox, D. Loy, R. Novak, M. Smith



Front Row: Jason Seville, Jeremy Wolford  
Second Row: Jay Webb, Shane Spurlin, Don Warren, Steve Hardy, Sol Griffin, Roy Maupin, Tom Sanchez  
Third Row: Cliff Harris, Jim Queen, Cal Turner, Mark Dudley, Syed Ahmed, John Overton

Defensive Tackle Jermain Curtis keeps a Stonewall lineman at bay while eyeing the ball carrier and trying to force him outside. Jermain provided a solid middle in the defensive line and occasional punishing Christian Okoye-type runs up the middle coming out of the fullback spot.



# Volleyball

## Spike This!

Volleyball. We all played it in P.E., and at the beach, and don't forget playing at backyard barbecues and family reunions either. But volleyball is a whole lot more than bumping, setting, spiking and rotating. First of all, there is no rotation of positions after every change of possession. Each individual player has a set position, from setters to passers to hitters.

So who is the most valuable player? Senior Jennifer Scudamore says that no one person is

more important than another, but, "The setter is really important because she's like a quarterback on a football team. She keeps the team together and kept us organized when the team was down." Senior setter Nicole Swistak agreed. "Everybody is a key player in volleyball. Each player depends on one another. The setter depends on the passer to give a good pass, and the hitters depend on the setters to give a good set. In other words, the team has to work as one unit

in order to succeed."

Success of the team only brought some self-fulfillment to the volleyball players. Sure, winning second place at the district tournament was exhilarating, but Nicole Swistak said, "The team was special because every teammate had her own personality and we always came together to lend support when things weren't going our way."

— Joe Somosky



Top Row: Jen Scudamore, Karen Andriano, Melissa Gill, Lauren Epke Middle Row: Carolyn Drexler, Courtney Benton, Pam Smith, Nora Collins Front Row, Sitting: Shannon Washington, Rachel Blake, Nicole Swistak, Mandi Lee

Senior Jen Scudamore returns a volley back across the net during a home match against rival Hylton High School. The 1992-'93 Panther Volleyball Team finished with second place at the Commonwealth District Tournament.



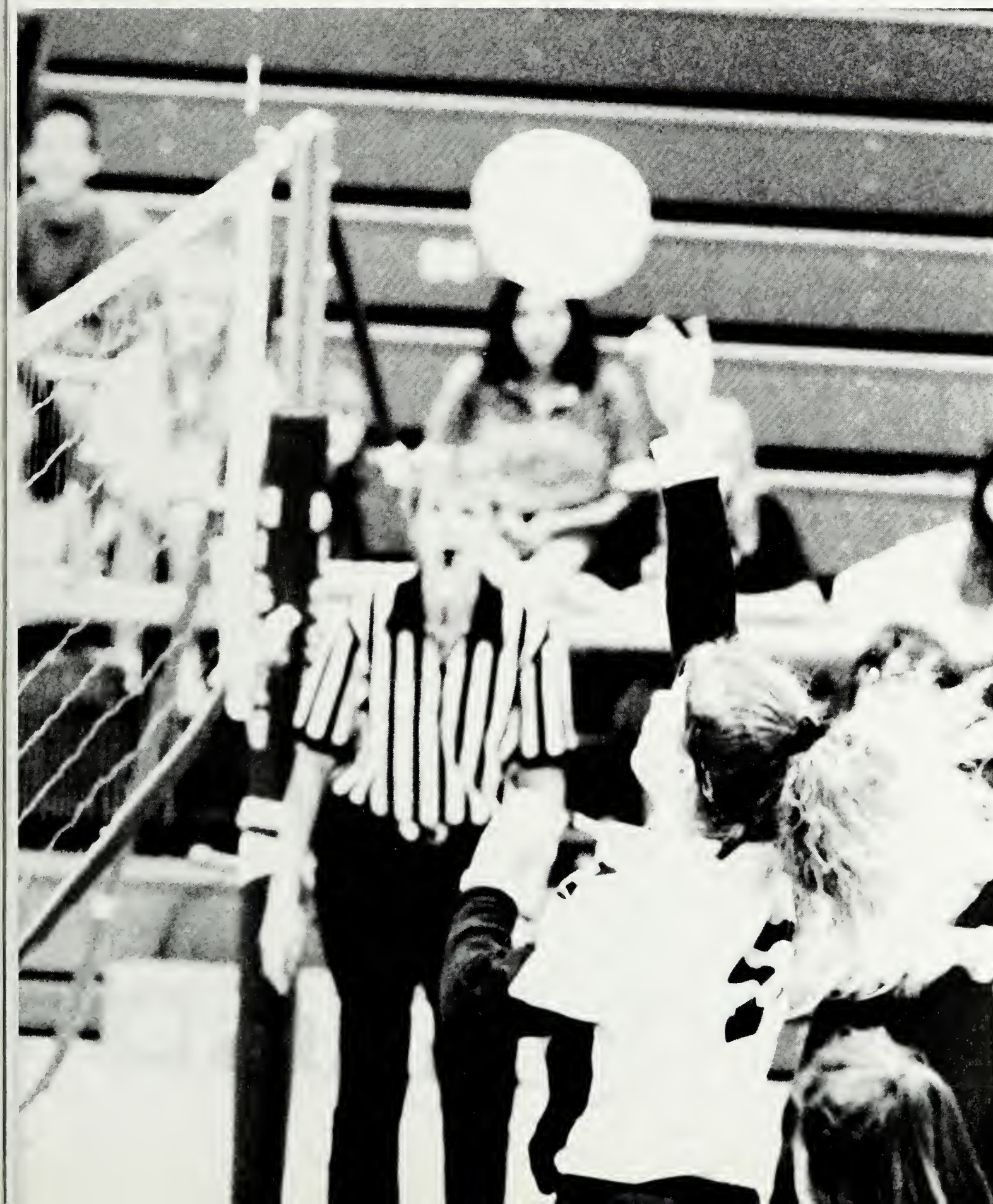




The Potomac Panther Varsity Volleyball Team considers how to play their opponent while standing during The National Anthem. "Our efforts to give everything for the team and for one another brought about our second place finish in districts." -Jen Scudamore



Potomac 1992-'93 Junior Varsity Volleyball Team: Melanie McCrosco, Niesha Spite, Karen Dennison, Susan Daws, Kristy Ksansak, Meagan Kent Front Row, Sitting: Christina Boyd, Shannon Stanley



Senior hitter Melissa Gill stops an opposing team's scoring attempt with a powerful return across the net. Melissa's height, determination and skills as a volleyball player made her a valuable asset to the team.



# Pantherettes

*Who Ya' Callin' Stupid?*

"Everyone thinks Pantherettes are ditzy, and just learn a routine and perform it. They don't understand the time, effort and energy that goes into perfecting the routine." That's how Shaunta Frazier, a senior Pantherette, felt about the negative stereotype that the student body perceived about Potomac's award winning dance team. No one really seems to understand the work the Pantherettes do to be able to perform precise and entertaining floor shows.

The physical demands were grueling. The season stretched

from April to March, which, with the exception of cheerleading, is the longest sports season in the school. Officers were required to practice for six hours, and all Pantherettes were expected to practice two and a half to three hours a week during the summer. The intense practices built up cardiovascular and physical endurance, as well as instilling concentration that carried over to activities outside of dancing.

The physical demands are only part of the work involved. The other part is still trying to maintain academics. "It's

(Pantherettes) very hard to balance with academics," said junior Susan Blanton. "We get home at eight or nine at night and then we're faced with four hours of homework. then the cycle is repeated over again the next day."

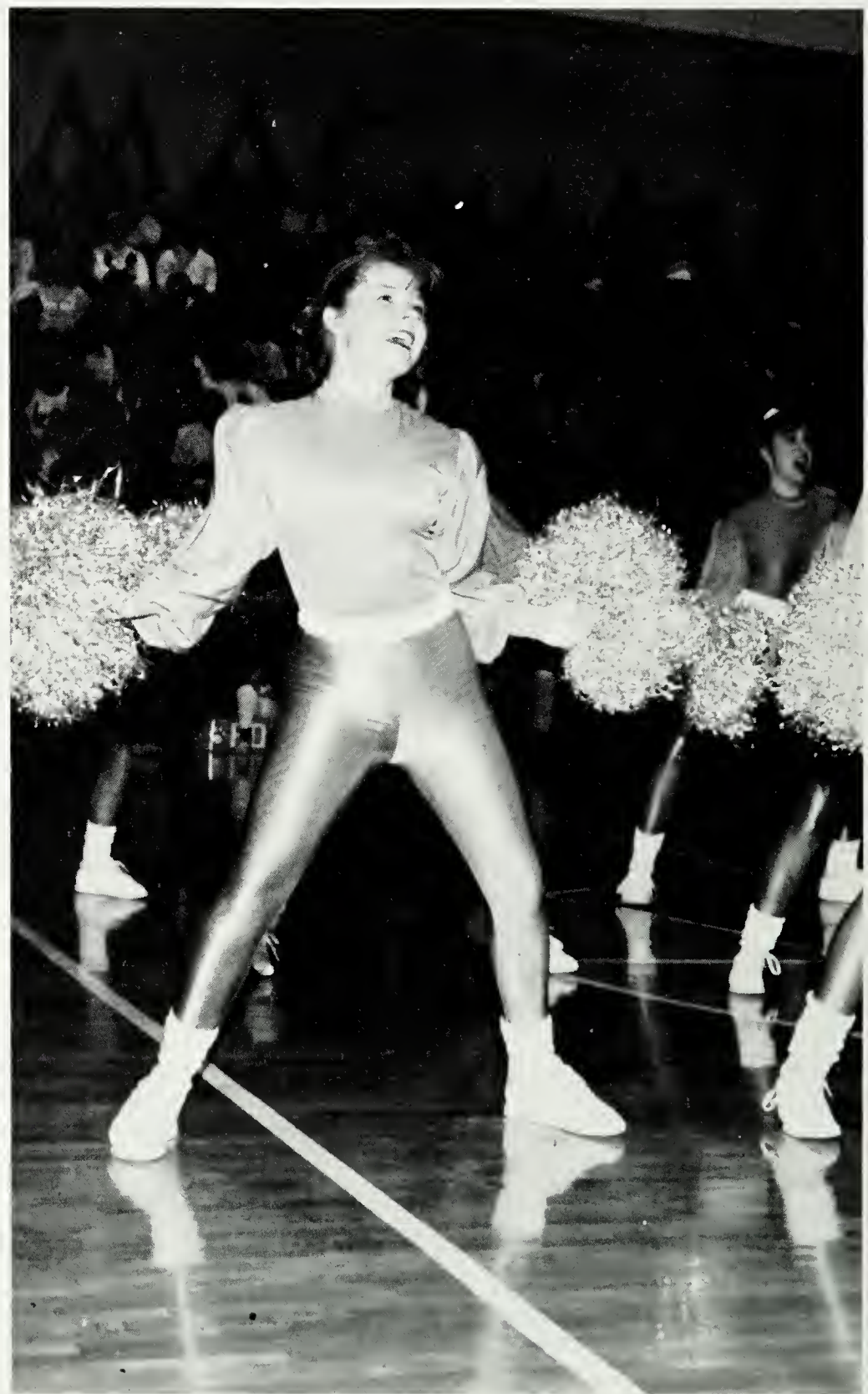
Why would anyone put themselves through so much pain and suffering? Susan Blanton tried to answer. "It's the good feeling of winning and the sound of the applause, but it's also friendship. We're all like sisters. My best friends are on the squad."

— Joe Somosky



*Front Row: Susan Blanton, Elizabeth Greenhalgh, Amanda Marcopulous, Shaunta Frazier Second Row: Kim Hearn, Heather Udell, Jessica Caseman, Heather Helmuth, Chrissy Yesko Third Row: Crystal Ferguson, Inna Vakser, Wendy Miller, Michelle Coxton, Carrie Caplanis, Michelle Nicholson, Nadine Tahan*

*Pantherette Jessica Caseman performs her segment of a routine enthusiastically during halftime at a Panther home basketball game. The routines ususally never lasted longer than a few minutes, but uncountable hours of practice went into each floor show.*







*Pantherettes Wendy Miller and Nadine Tahan work intently on a Biology Two Lab while listening to instructions from Ms. Dianne Feree. Pantherettes had to work equally hard to learn routines and keep up with schoolwork.*

*Junior Chrissy Yesko helps teach Michelle Coxton a segment of a routine during afterschool practice. Pantherettes worked together to ensure precision execution of routines, but hours of practice were needed to fine tune each dance. Hard work and dedication brought award winning floor shows that thrilled crowds at competitions and sports events.*





# Go Cats!

## Cheerleaders show their spirit

Time was the keyword that expressed all of the effort that was involved in cheerleading. Together as a team, the cheerleaders spent many hours involved in various activities. The girls not only showed up for the games held during the week, but they also partici-

*Surrounded by a bouquet of balloons wishing her good luck, Jaime Ardaiole smiles sincerely at another cheerleader. All of the members of the squads always wished each other success at their games and competitions.*

pated in other things associated with cheerleading. Getting ads for the programs, holding car washes, and selling donuts were a few of the fundraisers that they participated in. "Cheerleading is a way of putting all of my energy into something I love," said Lindsey Priestly, when asked about being a cheerleader.

The Varsity and J.V. squads showed their hard work and energy at the regional competition, when they both won

second place. The varsity squad also attended the National Competition in Florida for the second year in a row. "Taking second place in the competition was a highlight for the squad as a whole. Through all the pain and tears, the result was well worth it," said Angela Sackett. The girls were proud to show their school spirit and their love of cheerleading. — Melanie Rogers



*Freshman: Row 1: Alyssa Eland, Kelly Underwood, Shivaule Singh; Row 2: Amanda Sackett, Andrea Hayes, Juhui Ham, Chastity Skipper, Tennillia Freeman; Row 3: Megan Crowder, Nikia Studevent, Amie Dotson*

*J.V.: Row 1: Holly Krass; Row 2: Michelle Villareal, Sarah Rollison, Shameeka Soares, Mercedes Ortiz, Christina Huffstickler, Phaneth Keo; Row 3: Katy Elmore, Wendy Hornbeck, Danielle Bernier, Hillary Hartt*





Angela Grey tries to liven up the crowd during a football game held this fall. Cheerleaders were often called upon to get the crowd involved in various sporting events, such as football games, basketball games, and pep rallies held throughout the year.

The Varsity cheerleading squad performs for the enthusiastic Panther fans during the half time at one of the home basketball games. The fans enjoyed watching the cheerleaders perform, which added pep and spirit to help them encourage the team to do well against their opponents.



Mercedes Ortiz, Amanda Sackett, Phanneth Keo patiently stand at the entrance of Panther stadium while waiting to sell programs to the spectators coming in. This was one of the many responsibilities that the cheerleading squads were asked to do during the school year.

Varsity: Row 1: Mandy Lake, Robin Purdy; Row 2: Katie Mullarkey, Angela Grey, Alexis Katsarelis, Lindsey Priestly, Amy Heywood, Angela Sackett, Leslie Latimore, Claire Collins, Tanya Lacey; Row 3: Tanya Radeke, Jaime Ardaiole, Azure Rae, Leslie Melvin, Melanie Rogers



# Marching Band

## Steppin' to the Beat

The "Pride of Potomac" completed another year with their title "The Award Winning Panther Marching Band," giving performances at competitions and football games. This year the band under the direction of Gary Zolman, competed in three competitions. In the opening competition, "The Oakton Classic," the band did not place; however they did have a strong showing, taking the award for best woodwinds. "Marching Band is a lot of hard work, but

when we go to competition, all the work pays off," said Ana Suerra.

In the next competition, "The Washington Post Invitational," The band performed exceptionally well. Genell Walters said, "The most memorable moment was at the end, when we were all on the field playing with the other bands. It showed our togetherness even though we were not competing against one another."

The final competition of the

season "The Warrior Classic" in Hampton, Virginia, was held on Halloween Day. The band placed third, their strongest showing of the year. The color guard, with captain Susan Walcroft placed first in division "A". Drum Major Chris Rinker placed second in division "A". "Marching Band was a lot of hard work, but we had many memorable moments. Are we going to do better next year? That's a fact, Jack!" said Amanda Hayes — Chris Rinker and Shawn Vunder



*Freshman James Caudil shows his school spirit by playing the field show enthusiastically. "Being in the marching band helped my playing skills in the class itself," said James. "I was proud to perform every Friday night." James plans to be involved with the band throughout high school.*

*Bass drummer Ryan Sheehy keeps the beat on the field as the band marches in step. "The responsibility I had during the season gave me valuable experience that helped me in everyday life," Ryan said. Ryan was important to the Panther Band and is also a dedicated drummer in the school's concert band.*







Horn player Shane Sobers puts all his energy into the show. "The marching band this year had very dependable people willing to come after school and work hard, and their dedication showed off in every performance," Shane said. Shane played the mellophone, which is basically an off-shoot of the french horn.



Drum Major Chris Rinker leads the Marching Panther Band out on the field for exhibition. "The past four years, marching band and other music organizations here at Potomac have better prepared me for the future, I have enjoyed the experience and the memories that I have obtained," Chris said.



The woodwinds show their pride as they play themes from the Blues Brothers original motion picture soundtrack. The Blues Brothers theme showed technique and originality, being the first band around to take it to the field. The music was a complicated piece, but long practices and hard work paid off in the end.



# Gymnastics

## To Bend Over Backwards

"The most important thing is not the personal score, but knowing you accomplished something and knowing you did it well," said Miss Jean Gaudet, the gymnastics coach. This year the gymnastics team earned their highest team score in Potomac's history. The girls scored a 92.00 at the Hylton and Woodbridge Meet.

Gymnastics is made up of four events - Floor, Balance Beam, Vault, and the Uneven Bars. At practice, which ran from 6:30 and 8:30 pm Monday through Thursday, the girls' made up their own routines. "My favorite piece of equipment is the beam, because I'm very balanced and I rarely fall off. It is known to be the hardest equipment and the

scariest. After being on beam since I was 5 years old, it becomes natural," said Danielle Bernier. Danielle Bernier, Candace Stevens, Debbie DeHarde, and Christina Boyd competed "all-around," which meant competing in all four events.

A new addition to the gymnastics coaching team was Terri Fitzgerald, who was a former student at Potomac. She assisted the girls in practice by helping with routines and assisted with teaching the girls' skills. "Terri was a really good experience for us. She helped you try something and make you do it until it was perfect. I think I speak for everyone when I say, 'We love Terri,'" said Tisha Thompson.

The team put effort into their routines, but they found time to have fun. The girls goofed off plenty of times. "One thing I will always remember about this year was Debbie demonstrating her isolations," said Christina Boyd.

Although there was time for laugh, work was always a top priority. Gymnastics was more than a sport; it taught balance, hard work, and dedication. "Gymnastics has taught me to be more responsible, whenever I had practice, I would come home and get my homework and other stuff finished. Otherwise, I would procrastinate and not get anything done," said Debbie DeHarde. — Kris Applegate

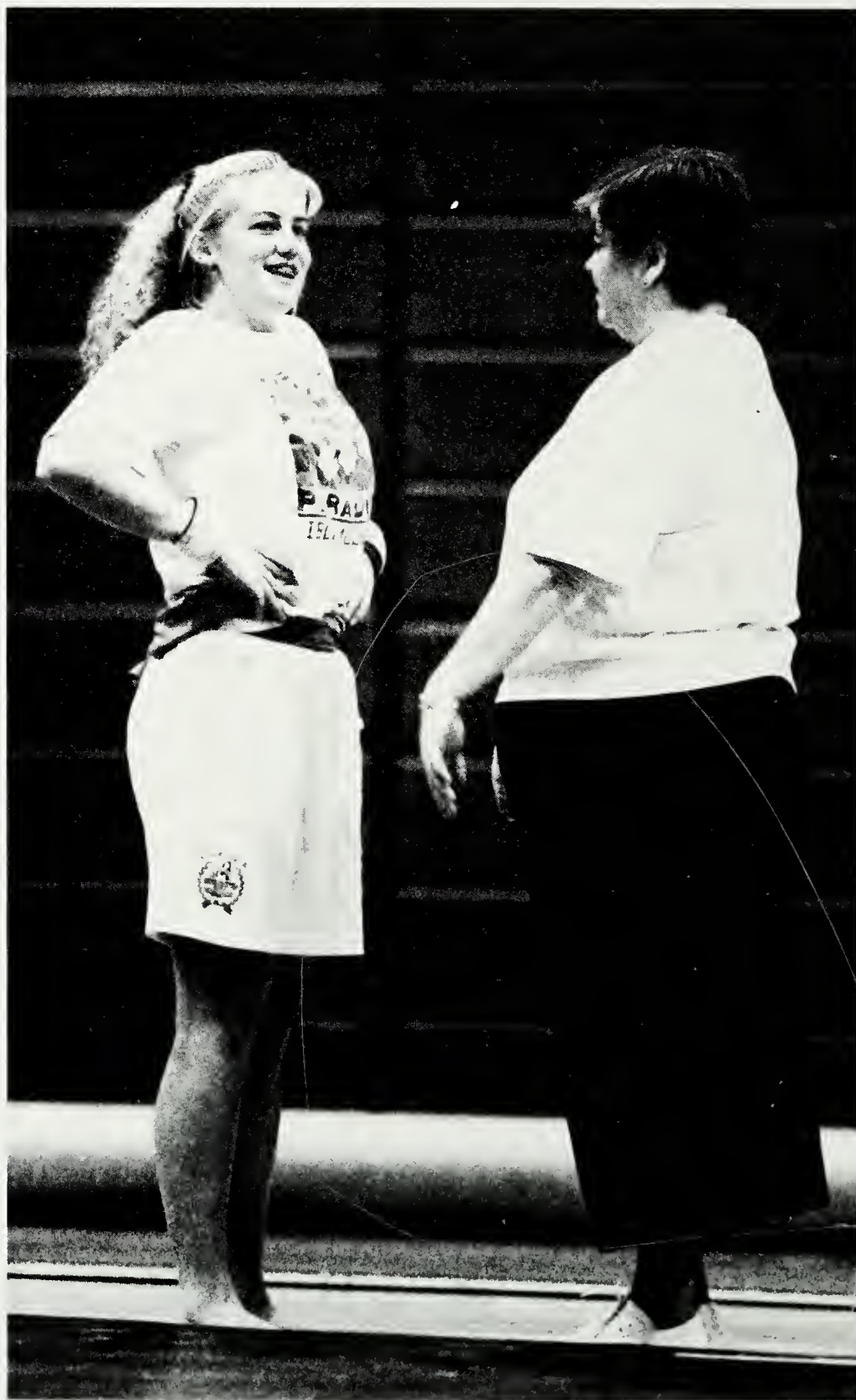


*Front Row: Christina Boyd, Chrissy Yesko, Amy Bann*

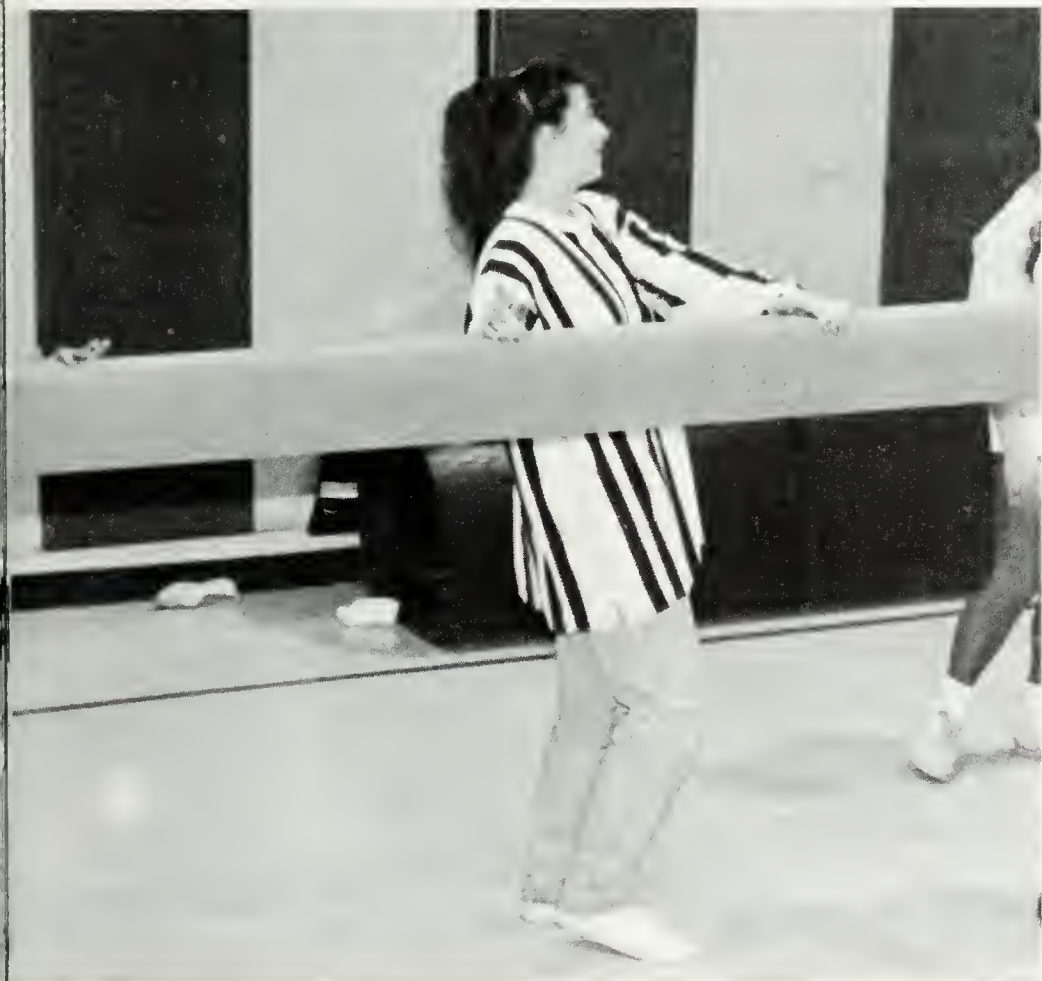
*Middle Row: Andrea Hayes, Tisha Thompson, Danielle Bernier, Kris Applegate*

*Back Row: Scarlett Meyer, Debbie DeHarde, Amanda Hayes, Candace Stevens*

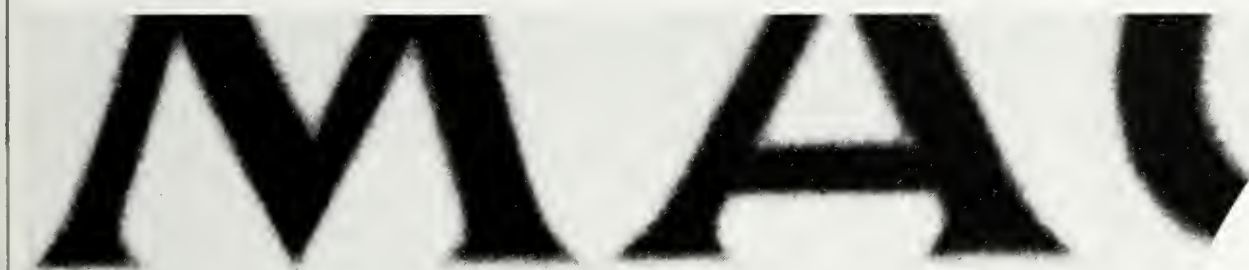
*Debbie DeHarde discusses some last minute floor routine information with Miss Jean Gaudet. Before competition, the girls warmed up their muscles, went over their tumbling routines, practiced their dance combinations and prepared themselves for the challenge that lay ahead of them.*



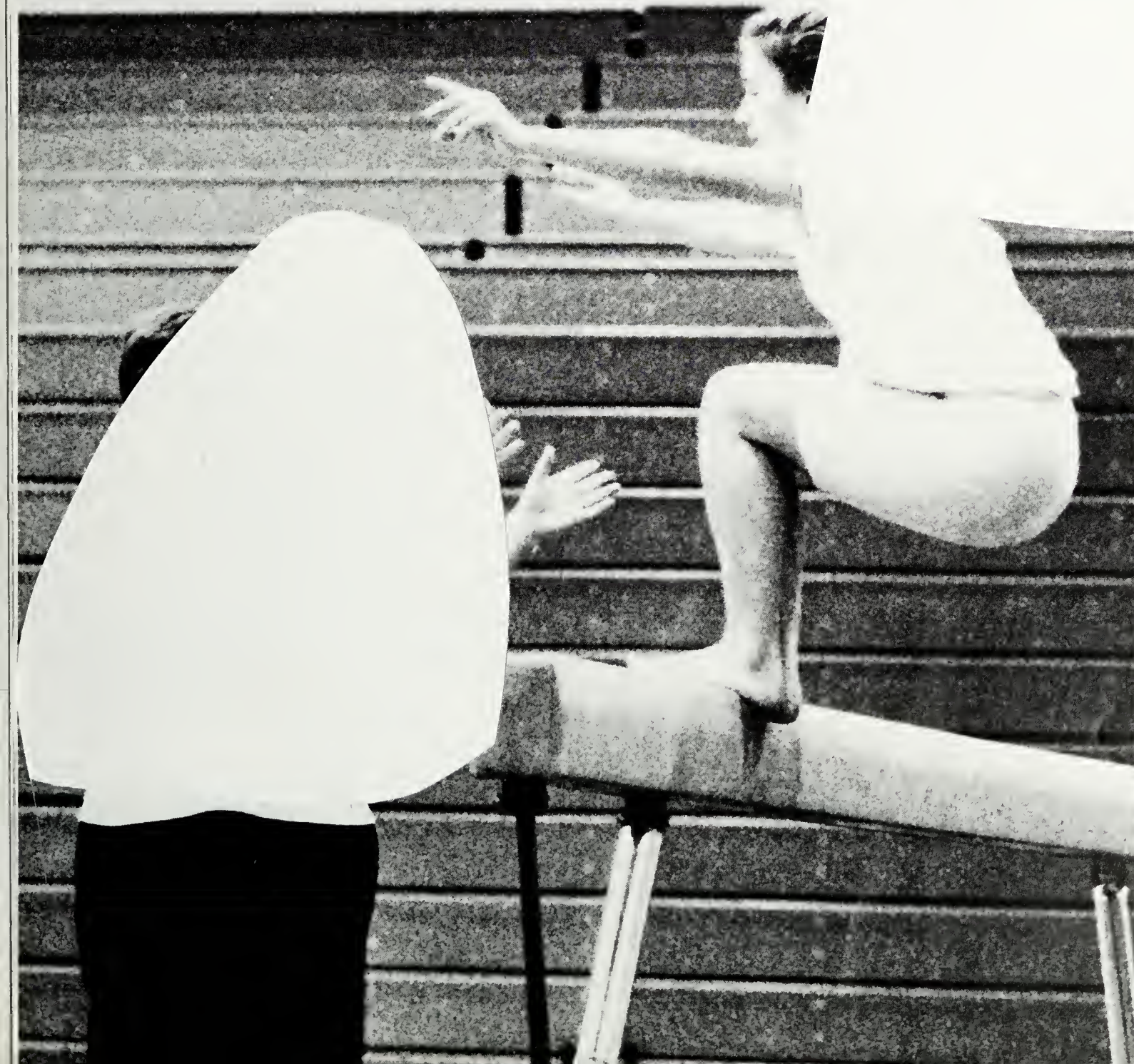




Zurich Levy and Candace Stevens help put away the beam and other various equipment when practice was over. The girls had to take out and set up all the equipment like bars and mats and they had to take down all the equipment every night after practice was over.



rnier, Terri Fitzgerald, and o watch their fellow team ppete on various routines. atching out for each other. m for the sport was im- irls on a mental and phys-



practices her balance h the assistance of Miss ore the competit e was a time where the skills, perfected their orked on the attitude their routines.



# Wrestling

## Looking Up From the Mat

It all comes from the heart. Sure, pure skill and strength help too, but success in the sport of wrestling has to begin in the heart. The smaller wrestlers rely a lot on heart to get through the tough matches, but the bigger wrestlers, even the heavyweights, need to have the heart to win on the mat as well. "The desire to win has to come from the heart," said heavyweight Eric Augustin. "If you want to win bad, you can feel it deep down in your heart. Without the

burning desire to win, you feel really empty inside."

Desire cannot be measured by a person's size, but by the effort put forth in everything they do, from wrestling to schoolwork. Desire can be seen in a person's eyes, in the quality of work they do. Wrestling is an example of that. You'll never see a Potomac wrestler giving less than 100 percent effort. Head Coach Don Scarr makes sure of that. Each wrestler gives every match their all, no matter who

the opponent or how much better they are supposed to be. "There's never been a time where I had not ever given 100 percent, be it on the mat or in practice," said John DeVito, who has wrestled for three years at Potomac.

From diminutive but virtually unbeatable Ken Cole to bulldog competitor Ian Prymak, the wrestling roster is filled only with devoted athletes who only play to win. — Joe Somosky



...agan, Steve Horn, Mike Carver, Mark Pavlick Second Row: Tommy McGrath, Steve Alder, Bobby Sutcliffe, Danny Sutcliffe, Ken Cole Back Row: Nathan Rasmussen, David Peck, John DeVito, Eddie Woods, Ian Prymak, Eugene Meadows, Eric Augustin, Matt Smith

*Senior Wrestler Ian Prymak positions himself and his opponent for his next technique. Ian was a standout baseball player as well as an excellent wrestler, and wrestled his way to the District Tournament his Senior Year.*







103 weight class wrestler Ken Cole sets up his opponent before moving in for the pin. Cole surprised many this season, and was the object of an article in an edition of the Prince William Journal. Lots of heart, combined with skills and strength, made Ken one of the best wrestlers from Potomac, and after winning a Second place finish in the district finals, he set his sights upon the upcoming regional competition.

Junior Mike Carver rolls over his Garfield opponent, Matt Silvas, in a grueling match that went into overtime. Mike excelled in in the 119 pound weight class and played football as well as wrestling. (Photo courtesy of Potomac News)





# Lady Panthers

## Working Hard and Having Fun

Determination has been said to be one of the keys to success. But, the members of the Potomac girl's varsity basketball team worked hard to achieve success this season.

Having come off of a winning season last year, the team had to work extra hard to repeat their record of last year. Hard workouts at practices, as well as at games, was one of the ways they felt that they could accomplish their goal. With only three returning seniors this year, the

team was mostly led by the underclassmen on the team. "I think that the number of underclassmen on the team this year was great. The majority of the team will be returning next year, so they will already know the basics of the team," said Renee Roberts, one of the seniors who returned to the team this year.

Along with working hard, the team also knew how to have fun. "We always worked hard at practices. Mr. Ron Clarke was

kind of hard on us to do well, but we always found time to have fun," said Tami Clayton. Even though the team's record was not what they wanted it to be, they were determined to add a little excitement to their season.

*Renee Roberts looks for a teammate to pass the ball to during the game against Woodbridge. Being a veteran of the team, her experience helped her motivate the team.*



Varsity First Row: Karen Dennison, Tami Clayton, Rachel Blake, Tomika Anderson, Allyson Babcock; Second row: Mr. Ron Clarke, Lauren Epke, Renee Roberts, LaShane Smith, Kim Herd

J.V. First Row: Nicois Parker, Cherilyn Swanson, Monica Chase, Meghan Kent, Shana Jackson; Second Row: Mr. John Kittell, Angela Yeboah, Rebecca Dowell, Stephanie Shields, Meredith Goodwin, Jennifer Jones, Vivian





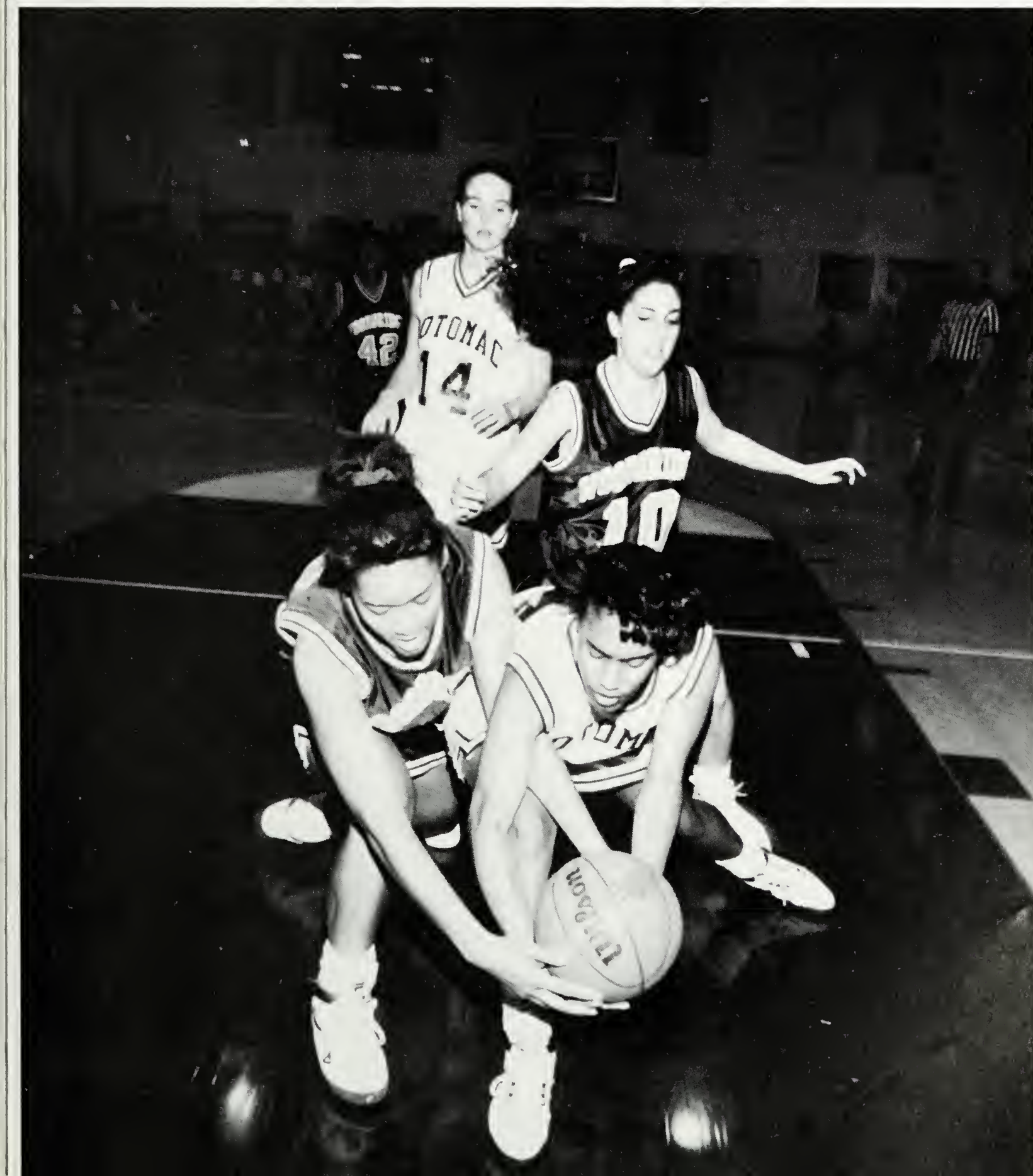


*Pam Austin, Anquetta Blount, Ann Taylor, and Beth Henson listen closely as Mr. Frank Higgins explains important strategies to them during a time out. Paying attention to the coach, as well as listening to each other during the game, helped the team do well against their opponents.*

*Freshman First Row: Pam Austin, Ann Taylor, Joanne Gee, Sue Vongphakay, Stacy Adams; Second Row: Tonia Rumble, Janaye Felder, Nasira Shafeek, Beth Graves, Demaris Torrez, Danielle Denault, Anquetta Blount, Mr. Frank Higgins*



*Allyson Babcock looks on as Floydette Williams struggles for the ball with a Woodbridge player under the basket. Good defense was one of the essential parts of having a good basketball season.*





Senior guard/forward Robert Satchell tries to work the ball inside while Woodbridge defenders close in. Rob was a wide receiver and cornerback during the football season, and led the team in passes caught and passing yards.



1992-'93 Junior Varsity Basketball Team; Front Row, Left to Right: Gary Rose, Kevin Aaron, Reggie Jones Standing, Back Row, Left to Right: Derrick Williams, Roland Roberts, Refiwoe Lethuyna, Cortez Baker

Senior four sport athlete Shane Wright goes up hard for a rebound during a home game against rival Woodbridge high School. Shane was a guard/forward in basketball, an outfielder in baseball, a running back/defensive back/kick returner in football, and a high jumper/sprinter during track season.





# Basketball

## Bo Who?

In high school athletics, it isn't rare to see a two sport athlete anymore. As a matter of fact, it's really common to see three and even four sport athletes taking the field in high school sports. Potomac's 1992-'93 Varsity basketball team is no exception. For example, All District Center Sonny Moss plays both basketball and baseball. Sonny pitches so well in baseball, that he was recruited to pitch for the James Madison Dukes after graduation.

Guard Erskin Fox is another example. When he's not juking defenders on the basketball court, he's running the Panther offense on the football field as the Varsity Quarterback. Teammate Rob Satchell, a guard/forward, was usually on the receiving end of many of Erskin's passes during the football season. Football and basketball seem to go together.

Forward Mike Epke plays golf as well as basketball, and is also a fine baseball outfielder. "Golf

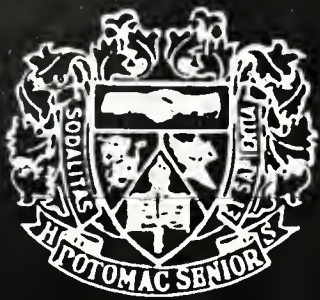
builds concentration that carries over into other sports, and even schoolwork." Mike said. Why do more sports attract athletes nowadays? "First of all, sports naturally draw athletes because of the excitement and action," said senior swingman Rob Satchell, also a two sport athlete. "Second, playing other sports helps to keep you in shape for the sport you feel is more important." — Joe Somosky



Front Row: Sean Lublin, Brian Abel, Keeshy Cowins, Erskin Fox, Jarel Ford, Rob Satchell, Mike Epke Second Row: Christen Wheeler, Assistant Coach Dan Kearney, Mike Neal, Tinail Harris, Head Coach Kendall Hayes, Sonny Moss, Refiwoe Lethuyna, Roland Roberts, Assistant Coach Steve Webb

Varsity Basketball Assistant Coach Dan Kearney enthusiastically points out a flaw in the Panther defense as Head Coach Kendall Hayes explains game plans to sophomore forward Tinail Harris (34) and guard Earl Skinner.(30)





## Clubs

Stacy Goldsmith

Helping the community, helping the environment, helping others. These are just a few of the qualities that this year's clubs have tried to in-

in their members

clubs, such as the

and DECA, have

visiting nursing

and the area. "DECA

that helps the com

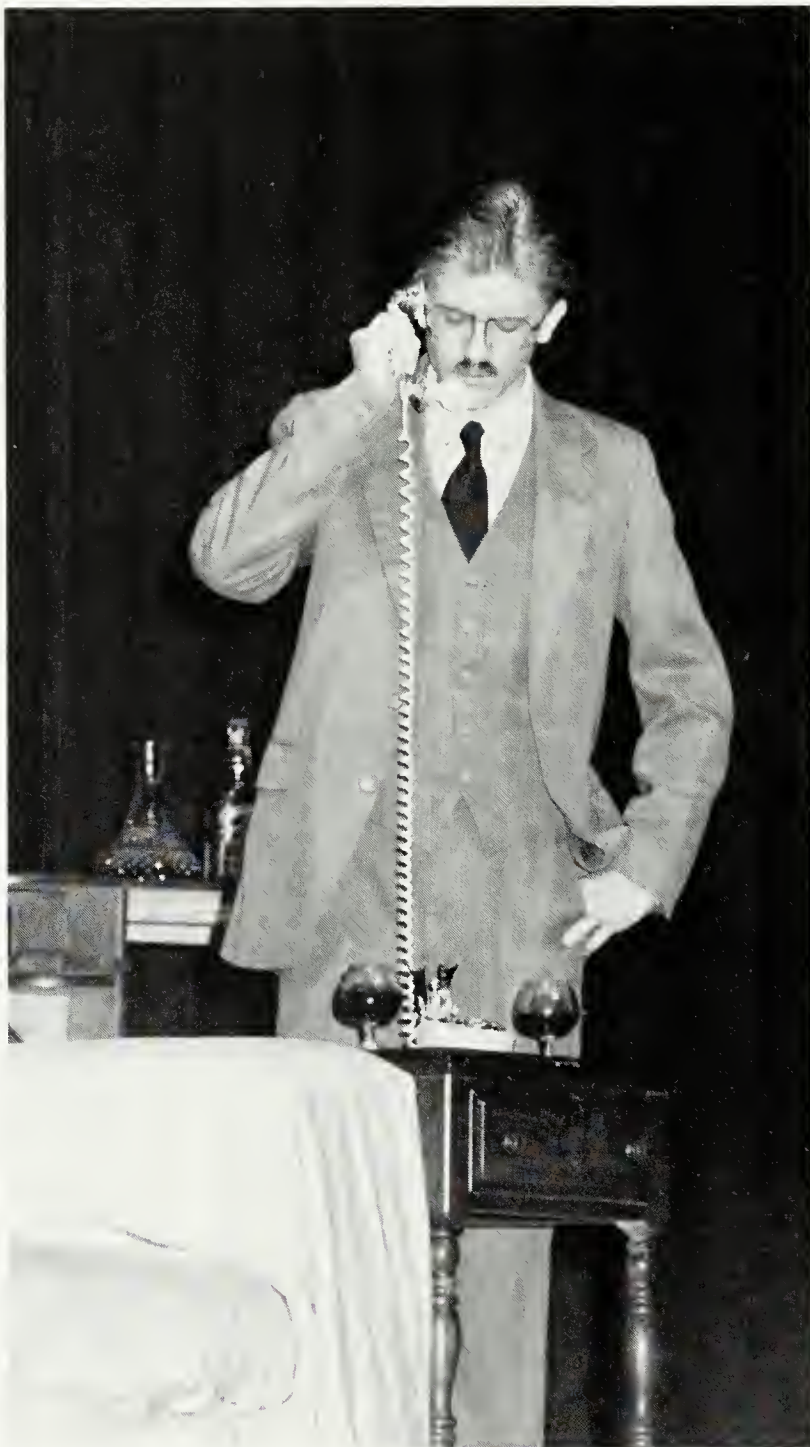
said Michelle Bo

Others, like the Teen Counselors, prepared middle schoolers for the pressures of their first year in high school. Clubs such as SADD and PSS spoke out to the students to try and teach them the harmful effects of drugs and alcohol on the body, both physically and mentally. "PSS is a great club, we tell people to stay off of drugs and that they can party sober and drug free," said Matt Rossi.

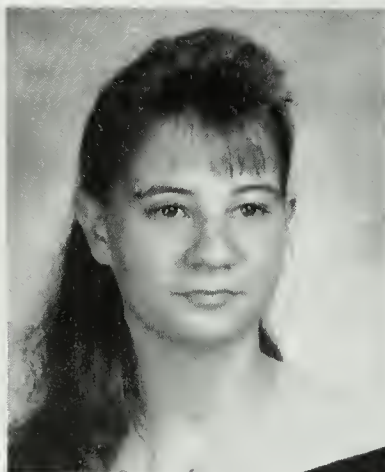
All of the clubs made a difference this year. 1993 was a year for all students to remember.

Butch Mahaney plays Sam the Attorney in the play "Agatha Christie made me do it." This was the first Fall play the Drama Club ever produced.

Marty Armentrout and Debbie DeHarde set up the food for the parents of the new inductees of National Honor Society.

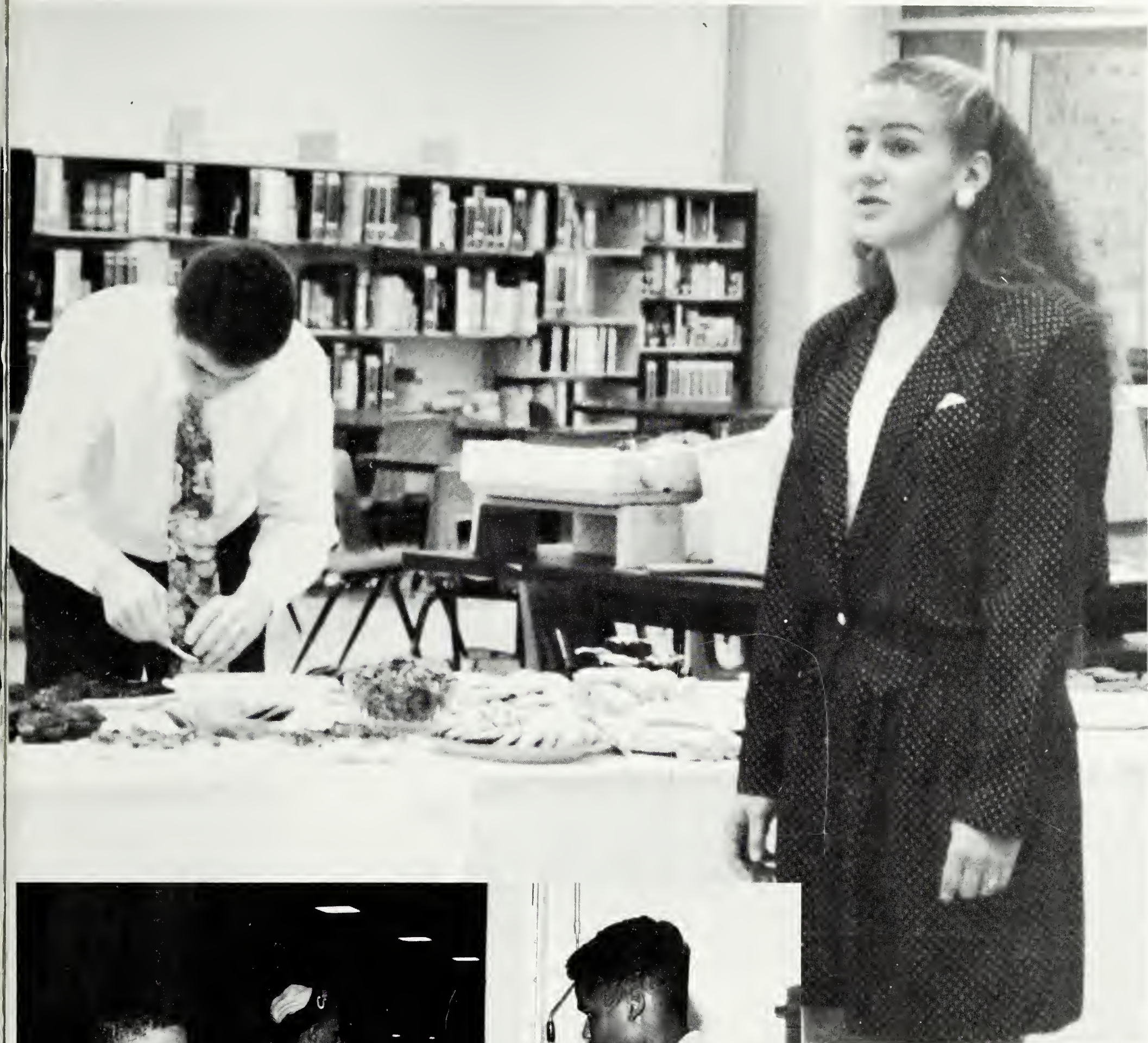


How does your club help ?



“Photojournalism is a club that captures all the events of the school year and publishes them for the student body; it's a memory of that year.”  
-- Kris Applegate.





*Behind the counter, of Johnny's Junkfood, Cecil Washington serves Reggie Jones and Nicois Parker. VICA was the primary sponsor refreshment stand.*





# Splish Splash

"I'm glad that Potomac has Swimming because now I can participate in both Crew and Swimming," said Sean Dowling. For the first time ever, Potomac offered two water sport clubs.

The forty-five member Crew team worked hard throughout the winter to build up their strength for the upcoming season. Practices and training were held in sunshine, rain, sleet, and snow. "The only time a practice wasn't completed was when the park

ranger forced us to go home during a snow storm," said Jeanie Cassidy. Each four hour session consisted of rowing on the ergs, running, and weightlifting.

At the end of the season the tiring workouts paid off for the guys. The men's third eight boat placed first in several regattas, including the state championships. Glenn MaKinlay said, "We wanted to prove to the other teams that Potomac was a threat and we did that when we won

the trophy." The men's varsity boat earned a silver medal at the State Championships. "All of the hours of training really paid off," commented Keith Browning.

Head Coach Bob Hannan led the swim team to Districts at the Chinn's Aquatic Center in Dale City where Carrie Taylor placed second in the 200 Individual Medley. This year, Potomac swimming team rated #4 in the County. -- Stephanie Vermillion and Miranda Johnson



*Rowing across the Occoquan River, Tracy Adams congratulates her fellow rowers Miranda Johnson, Tracie Dobbins, Sarah Lawson, and Leah Perry on the race. They placed 4th in the Northern Virginia Championships.*



"Crew was fun. My boat put a lot of effort into placing in the state championships and all the hard work paid off."  
-- Chris Churchill



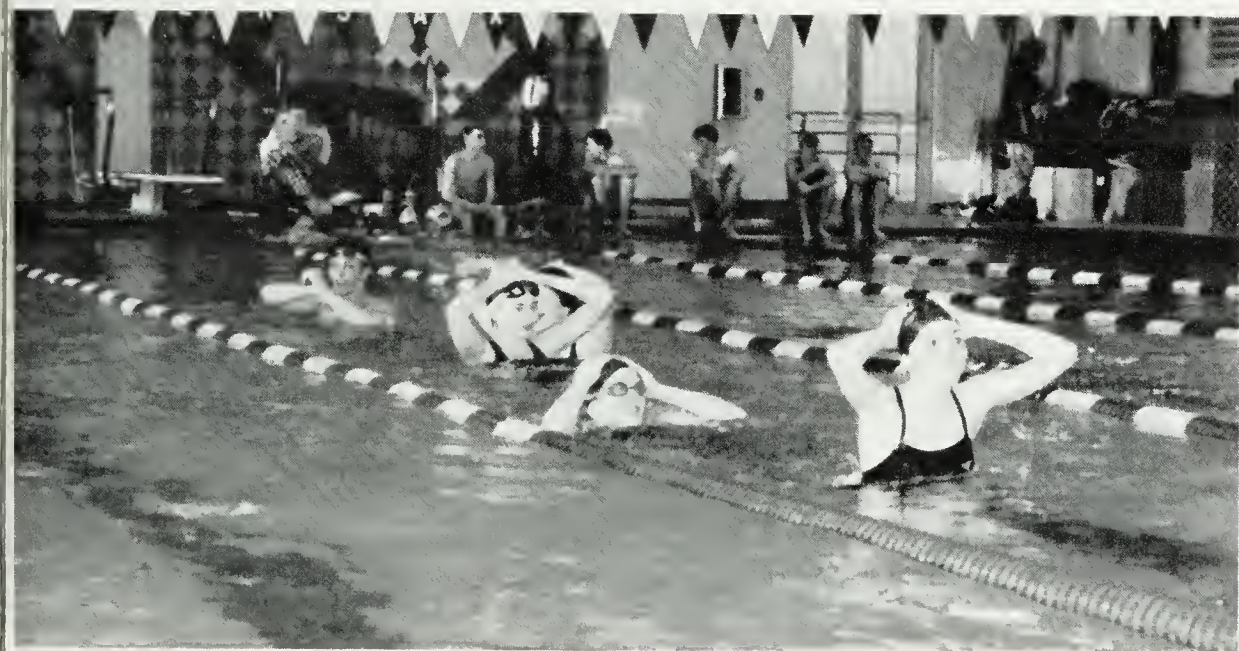


*Crew Coaches Steve Stephanic (Kneeling) and Jim Hobbs give the team their daily instructions. Practices were held at the Lake Ridge Marina.*

*Brenda Kitchen, Jessica Wang, Chris Molter, Jason Wynne and Stacie Tarbet relax after a hard swim. Members discussed the practice before they headed off to the showers.*



*Kari Collier, Ralei Latiral, Heather Bumler, and Jason Wynne do warm up exercises before they start swimming. Running through the water built strength in the legs for faster kicking.*





Jennifer Gray and Brenda Johnson hang a sign up to let people know where donated items belong. SADD also helped with Hurricane Andrew efforts by directing people to where their items were to go.



Mandy Lake and Chris Crowder sort clothes to be sent to Hurricane Andrew victims. Panthers Staying Straight was one of many clubs that helped collect and sort items donated for the people in Florida.



Matt Rossi wears his PSS sticker/ribbon proudly, while catching up on the events of Friday night's football game. Matt was the Potomac mascot (Panther) and the president of the 92-93 PSS club.

Mrs. Ann Lockett and Mr. Michael Campbell accept plaques on behalf of PSS and their involvement in seatbelt awarness. The plaques were given for over eighty percent of the student body wearing their seatbelts.





# JUST SAY NO!

Students Against Drunk Driving. Panthers Staying Straight. These two clubs promote and encourage drug-free lives to students and other members of the community.

Drinking and driving was among the leading causes of deaths in teenagers. SADD's main project was to increase the awareness of drinking and driving by tying red ribbons to cars during Prom and Homecoming week. "Hopefully the red ribbons will make people

think before they drink and drive," said Kirsten Haughey. SADD also presented a movie called "Staying Alive" to 11th grade English classes to show the dangers of drinking and driving.

During the holiday season, PSS collected toys so those who were less fortunate could receive presents under the tree. PSS also helped sponsor a food drive in which canned foods were collected and donated to ACTS and other local charities. Snack Attacks

were meetings where members got together and ate while they came up with new projects. "Snack Attacks were great because we worked and got to have fun at the same time," said Teresa Lloyd.

Although there was much to be done in getting people to remain drug-free, PSS and SADD influenced students to remain that way. "I think we are really making a difference in young lives," said Nora Collins. -- Kari McCarley



*Panther Staying Straight: 1st Row: Mandy Lake, Suzie Cipra, Teresa Lloyd 2nd Row: Jeannie Cassidy, Mr. Michael Young, Jack McGovern, Scott Gordon 3rd Row: Jay Ellis, Jeremiah Sahlberg, Mikey Dovberg, Robin Harris, Karen Andreno, Chris Wakefield*



*Kristen Featherstone, Debbie DeHarde, Jessica Parr, Jeff Hootselle, Jennifer Gray, Kirsten Haughey*



# Counseling

Responsibility, leadership, and dedication is what it took to be counselors. They had to set positive examples for others by displaying enthusiastic attitudes during counseling sessions. Student counselors were people to look up to. Kirsten Haughey said, "You have to live up to the role model image." Nora Collins also commented, "One responsibility we have is making our deadlines."

Teen counselors gave advice to kids in elementary and middle school

on important issues students dealt with. Katie Flaherty stated, "We help kids with things that trouble them." The middle-schoolers were also told about some of the experiences teen counselors went through throughout their high school years.

Peer counseling was a different way students in Potomac could settle their problems. These counselors gave students alternative ways to end unpleasant situations they were in. A Peer counselor offered a stu-

dent's point of view which was sometimes less offensive compared to the way administrators handled problems. The counselors were students anyone could sit down and talk things out with.

Counseling helped students bond together in a unique way. The peer counselors were people one could relate to in this school; whereas, in middle schools teen counselors were role models for younger kids. — Lisa Mosley



1st row: A. Rodgers, L. Epke, M. Lake, C. Yesko, J. Ardriola, B. Abel, C. Crowder, T. Radeke, L. Latimore, T. Edgington; 2nd row: N. Collins, K. Houghy, G. Hodges, M. Hunnell, S. Cipra, T. Christian, B. Byington, S. Tarbet, K. Malarkey, C. Hobbs, W. Smith, J. Wynn; 3rd row: C. St. Jean, M. Johnson, I. Vasker, P. Slater, T. Page, M. Epke, R. Novak, K. Feathestone, K. Flaraty, T. Steele, C. Collins, B. Booker



“ I think by working with the younger kids we realized what examples we must set for them. We have to take a carefull look at the our actions so we don't seem hypocritical. ”

— Tom Edgington



Sean Lublin, Ashley Rodgers, Tanya Lacey, and Chris Crowder talk to a class of students at Rippon. Teen Counselors went to local middle schools to speak to kids concerning school issues.

Jenna McGwire receives helpful advice from Jeremiah Sahlberg during a counseling session. Peer counseling gave students a chance to find solutions to problems they weren't able to solve on their own.



Nora Collins, Pam Slater, Miranda Johnson, and Chris Wakefield give advice to students regarding questions asked about social pressures in high school. Teen Counselors often told kids about their experiences.

Bridget Byington, Lauren Epke, Tami Page, and Mandy Lake board a bus going to Rippon Middle School. Teen Counselors often brought visual aids with them on trips, which helped keep students' attention.





Tanya Radake, Meradith Dykes, and Claire Collins collect cans of food. As a continuing project, Junior Civitans brought cans to their monthly meetings and later donated them to local charities.

Michelle Spencer, Julie Sudder, Myla Spencer, and Nyoaka Green make reindeer bags for the Juvenile Detention Center. At each monthly meeting, Civitans made a little surprise for the center.



Chris Marbaker, Carla Leopold, and Deepa Malladi talk while patiently waiting their turn to bowl. Each Tuesday afternoon, members of the Junior Civitans travelled to Bowl America in Woodbridge, to bowl with some of the members from the Association for Retarded Citizens and help keep score.

**Junior Civitan Officers:** 1st Row: J. Wynn, M. Khanna, J. Gray, M. Lake, M. Dykes, T. Radeke. 2nd Row: C. Hunter, P. Khanna, H. Khanna, A. Babcock, D. DeHarde, T. Stauffer, P. Slater, C. Collins. 3rd Row: B. Booker, T. Steele, C. Taylor, S. Boyd, C. Wakefield, K. McCarley, J. McGuire.







# Helping People

People helping people. That is the theme for many clubs, especially Junior Civitans. "I think that the best thing about Junior Civitans is the opportunity you get to work with different people," said Deepa Malladi.

Junior Civitans, along with other club such as NHS, Key Club, and Leo Club, has taken pride in themselves for their many efforts to help their community. Civitans started off the year by collecting items for Hurricane Andrew victims.

The items were later sent to Potomac's adopted school, Palmetto High School in Florida.

Helping the physically and mentally handicapped was another project Junior Civitans work on during the year. Civitans helped with the Association for Retarded Citizens Bowling Program, commonly known as ARC. Each Tuesday, Civitans bowled with members of ARC and helped keep score. Civitans also helped with the Prince William County

Special Olympics. From Basketball to Track and Field, the Civitans were there to cheer their athletes on. "I like to help with bowling because it is fun to see all the athletes' accomplishments," commented Jose Flores.

While helping the community, most Civitans agreed they had fun while trying to make a difference. "I like helping the community because of all the new people I meet," said Tami Page. — Kari McCarley



*Junior Civitans Upperclassmen: 1st Row: H. Morcos, T. Singstock, M. Sauntry, H. Udell, C. Yesko, J. Ardiaolo, L. Melvin, R. Purdy. 2nd Row: C. Leopold, M. Johnson, M. Boyd, E. Jarabak, J. Jarvis, D. Griffin, N. Green, M. Spencer, M. Spencer, M. Henry. 3rd row: J. Morrow, A. Griffith, S. Nieves, M. Kurylo, K. Andreno, S. Kirkhart, J. Fielding, J. Green, J. Scudamore. 4th Row: D. Malladi, S. Gordon, P. Dowd, C. Crowder, I. Goodman, J. Ellis, C. Critchfield, J. Cassidy, J. Flores.*



*Junior Civitans Underclassmen: 1st Row: N. Wang, T. Jordan, A. Bann, S. Bradshaw, B. Newey. 2nd Row: M. Kent, L. Benevides, J. Casemen, S. Fox, E. Zane, G. Sarver, R. Guerra, G. Hummel. 3rd Row: B. Bann, D. Bann, T. Kurylo, T. Greek, S. Sobers, J. Lamont, D. St. Jean, R. Lewis.*

*"Junior Civitans is the best club because we help the community while having a great time"*

*- Debbie DeHarde, president*



# History In Black

Have you ever wondered why there is a black history club and not a white history club? Many individuals have debated over this issue for years. The club's intent, however, is not to cause controversy but to provide students with what is lacking from history books written from a Eurocentric point of view.

When one looks at a typical high school history book there is little, if any, information about the oppression of blacks

throughout U.S. history. For instance, the fight for civil rights during the sixties and seventies barely exists in many history books. Crystal Adams stated, "Schools should offer separate courses on black history for all students to take. It would provide a better understanding of the hardships blacks went through in society years ago."

Since this type of course offering is lacking at the high school level, the club gave stu-

dents a missing piece of their history. Matt Lee Torres said, "The black history club provides information black students don't get in the classroom." Monica Johnson also stated, "I think having a black history club is useful because it gives students a chance to learn about black heritage." The club provided all students an avenue in which to learn about themselves or another ethnic culture. — Lisa Mosely



*1st row: l to r: Moira John-Williams, Jennifer Jones, Latasha Johnson, Torria Featherstone, Arnelle Croom; 2nd row: Phyllis Hollis, Tiffany White, Tamioka Anderson Depree, Hugh Leslie Latimore; 3rd row: Reginald Jones, Matt Lee-Torres, Monica Johnson, Latonya Brown, Dawn Bellany.*



*"The black history club provides a sense of identity for the students. In order to know who you are you need to know your past to become all you can in the future. — Phyllis Hollis"*



Nancy Croom, Torria Featherstone and, Moira John-Williams work steadily packaging food to make food baskets during the winter season. The black history club gave the food baskets to Mount Zion Baptist Church.

Kwanza participants: 1st row, l to r: Shelia Allen, Tenesha Wren, Leslie Latimore; 2nd row: Shaunte' Morris, Jennifer Jones, Dee Dee Newby, Troy-Ann Patterson; 3rd row : Samara



Depree Hugh, Dawn Bellany, and Latasha Johnson display a table showing some of the different items that are typically found in Africa. The display helped to teach students about African heritage.

Troy-Ann Patterson displays one of the traditional African outfits presented in the fashion show during the Kwanza celebration. The African apparel consisted of a variety of colors and patterns.



# SCA '93

This year's SCA worked very diligently to make the year memorable in Potomac's history. They used their creative minds, energy, and enthusiasm to boost Potomac's spirit, and keep it at an all-time high.

At the beginning of the year at freshman and new student orientation, the SCA officers performed a skit to help the new students become acquainted with the many activities they could participate in at Potomac. Many exciting activities were brought

in by this year's SCA, starting off with free dances, sock hops, to which no one wore shoes. Holiday cards and brain food were given to all the students just before exams.

The SCA went above and beyond the past homecomings this year by having a professional singer sing the national anthem. The Quantico Marine Corps color guard presented the colors. "Homecoming was the most exciting event in the fall with spirit and fun lingering everywhere.

Every class worked hard making floats, skits, and dummies," said Mikey Dovberg. The SCA worked hard in organizing one of the best Homecomings ever. Not only did the SCA give to Potomac students, they also helped another school. "Helping the Palmetto Panthers this year was a big accomplishment, collecting food, clothing, and school supplies, really gave pride to Potomac," said John DeVito.-- Shaun Vunder



First row: Nora Collins, Jamie Ardiaolo Second row: Diana Duvall, Stephanie Truax, Jennifer Jones, Moira John-Williams Third row: Mr. Frank Higgins, Tanya Radeke, Niesha Speights, Quincy Queen, Stacie Tarbet, Tracy Rollis, Mr. Louis Blount

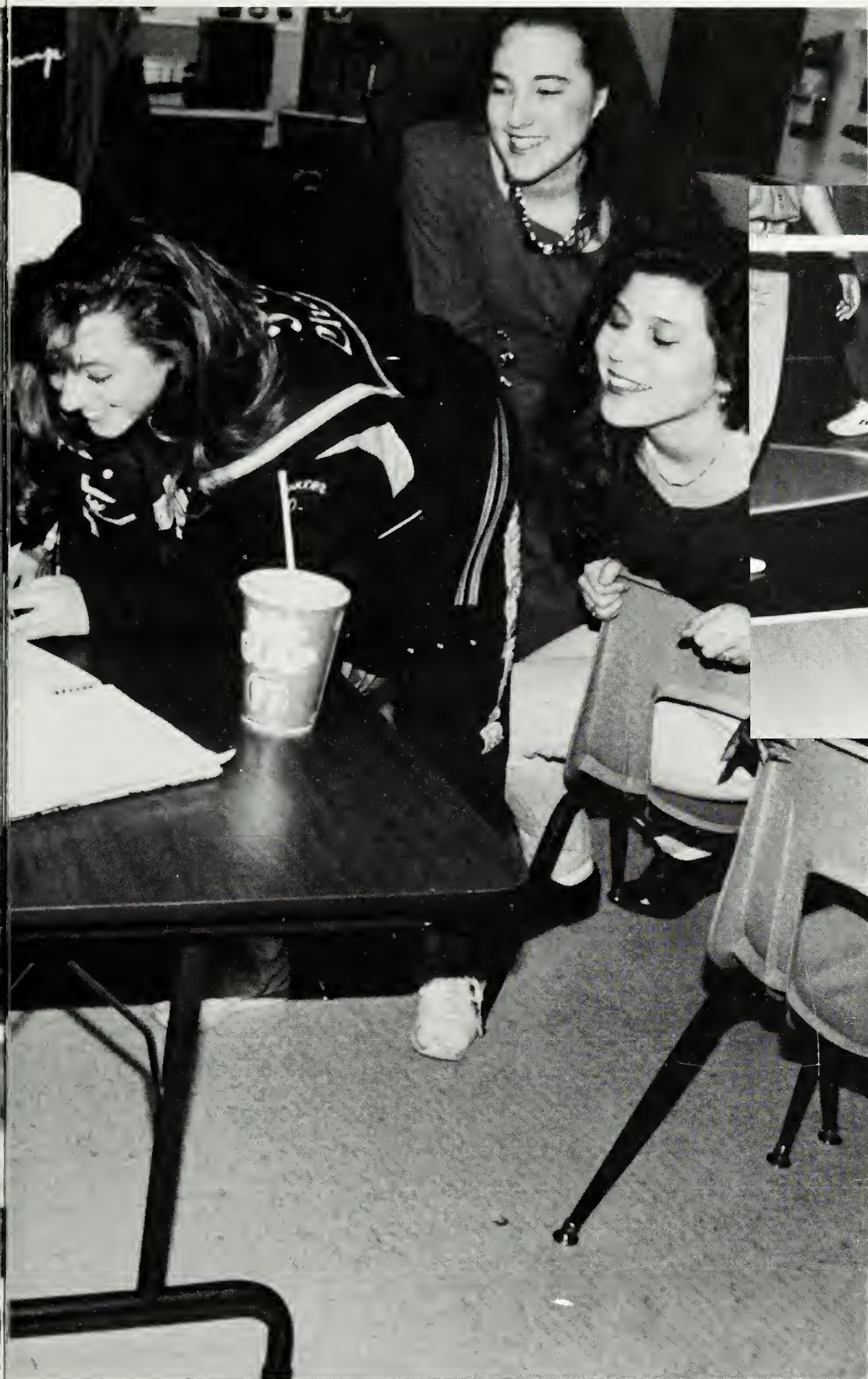


First row: Jennifer Grey, Mandy Lake Second row: Mr. Frank Higgins, Chris Hobbs, Mikey DeVito

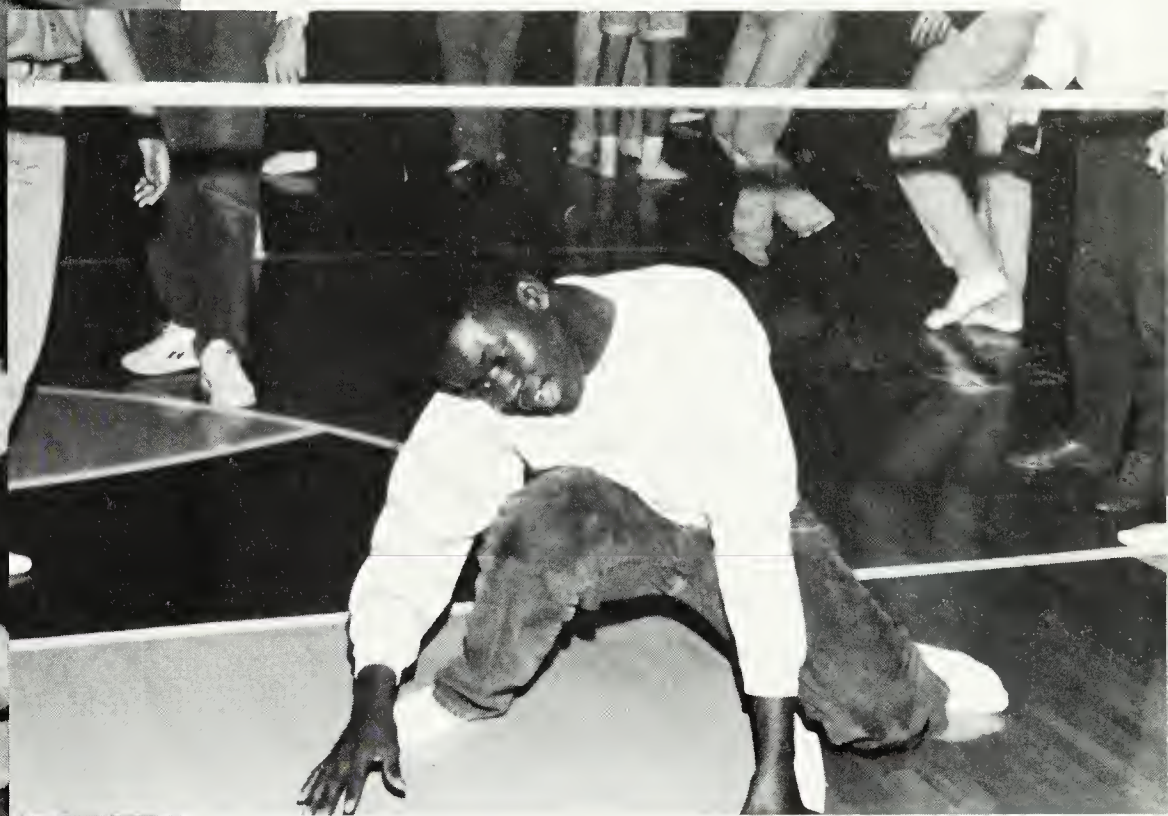


"Overall, this year turned out to be very successful. The many meetings to organize ideas were rewarding to see the students smile during all activities." -- Stacy Tarbet





Looking at the agenda, Stacie Tarbet, Tanya Radeke, and Jamie Ardiaolo discuss what events are coming up. SCA members held meetings at night due to their busy schedules.



Quincy Queen does the limbo dance at one of the SCA sponsored sock hops. The SCA used their creative minds to give the Potomac students fun things to enjoy during the year.



Chris Crowder shows his spirit by testing his flexibility and leading the way for students as Chris Wakefield and others watch to see how it is done.

Senior President Mikey Donahoe got a pie in the face because Woodbridge Senior High School raised more money in spirit links. The spirit links were to raise money for ACTS.





# Speaking Out

"Being able to argue a point across is what Debate Club is all about," said club member Devin Smith. "Although you do get a much better feeling when you know you're right." To win in debate, you had to express your feelings on a particular topic, and then back it up with solid support. "Knowing all the angles and also knowing the backgrounds of current events helps tremendously," continued Devin. "You have to know exactly what to say and

where you're coming from when you say it. Mrs. Harryette Eden, the Debate Club Advisor, said, "The Debate Team builds confidence and poise so that students can feel secure in expressing their informed opinions. They learn to investigate topics and ideas before presenting their debate cases."

The It's Academic Team, after losing mainstay members Robert Ghisolfi, Jon Nelson and Patrick Sullivan to graduation, had to tackle the

huge task of filling the big shoes they left vacant. "Robert, Jon and Patrick always made the rest of the team feel confident, because we could always count on them to come up with the tough answers when we really needed them," said senior member Robin Harris. "The additions of Chris St. Jean and Sam Lee helped to stabilize the team, and after a while, everybody could always count on each other." -- Joe Somosky and Shaun Vunder.



Debate Club, front row: Bing Nugyen, Jennifer Hillmar, Umer Ali. back row: Harryette Eden, Devin Smith, Curtis Shoffner



It's Academic, front row: Jennifer Hillmar, Richard Wagriech, Chris St. Jean, Rasi Borneo. back row: Brooke Hewey, Robin Harris, Umer Ali, Sam Lee







Christina Boyd adds points to her team's score while Richard Wagreich and Inna Vasker look on.

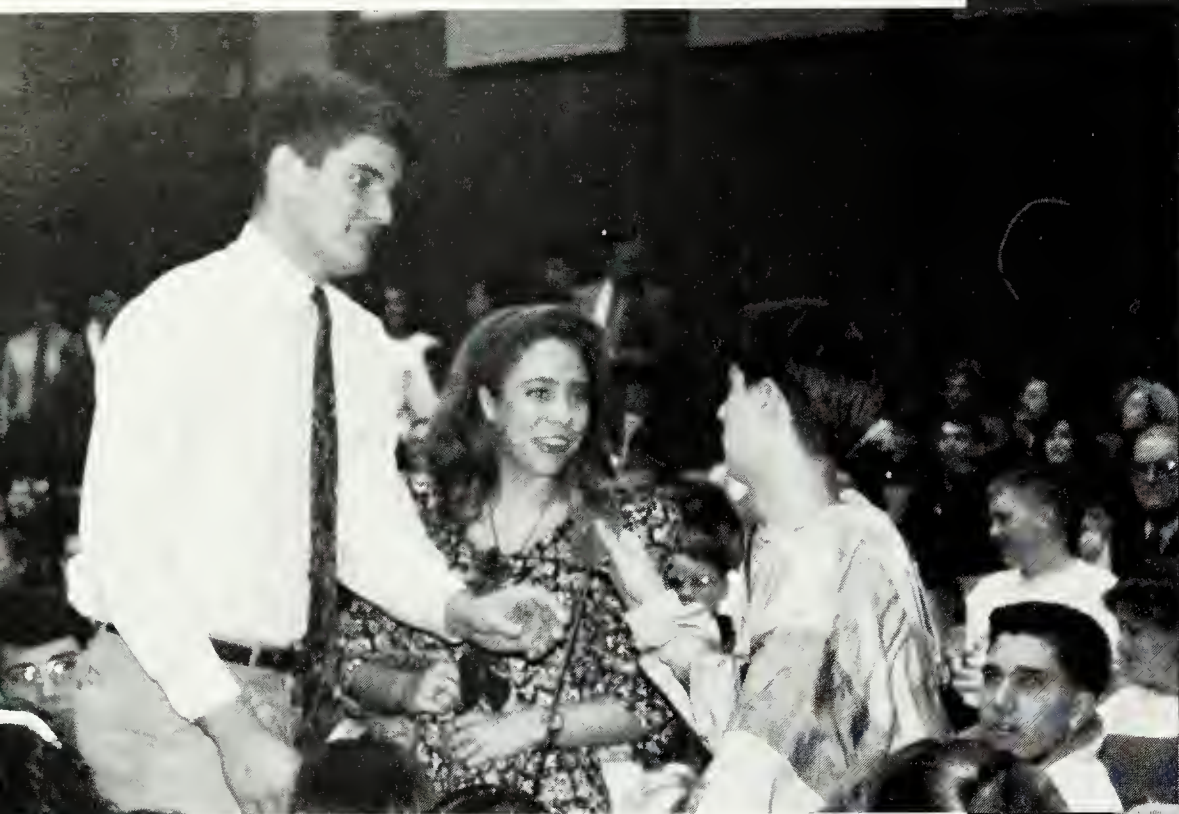
Jennifer Hillmar and Rasi Borneo rush to answer a question before the other team. Practicing using the buzzer was very important to the team.



Mrs. Sally Vinroot reads a practice question to the It's Academic team to prepare them for the match.



Heather Hellmouth and Bobby Courtmage watch as Eric Novotny gives Paulo Martinez a rose at the NHS Induction ceremony. The rose symbolized being accepted into the National Honor Society as a new member.



Mikey Dovberg tutors Andrea Hayes. Tutoring students in subjects such as Math, Science, English, and History was one of many projects the National Honor Society did for the students in the school.



Bridget Byington brings baked goods for Teacher Appreciation Day. The first Wednesday of each month, senior members of NHS brought special treats for the different academic departments.

National Honor Society Officers: 1st row: Jim Barrows, Walter Smith, Inna Vasker. 2nd row: Mikey Dovberg and Demetria Howard.





# What is NHS about?

National Honor Society. Many people hear the name of this club every day but do people really know what NHS is? Character, Service, Leadership, Honor, and a 3.5 GPA are the criteria for being selected into the National Honor Society.

"Most people like the main idea the NHS tried to promote, that is, helping others. NHS is a good way to help other people while having fun at the same time," said Jennifer Jarvis. There were many ways NHS helped

people both in and out of school. One of the ways NHS helped students was through an after school tutoring program. Members also tutored local elementary students. "I enjoy helping students younger than I am," commented Pam Slater.

Some projects NHS participated in were Heart-to-Heart, and visiting the Woodbridge Nursing Home. During the week of Valentine's Day, NHS went to home-rooms and collected pledges for students to

not start smoking or to stop smoking. On the fourth Wednesday of every month, NHS went to the nursing home to talk with some of the residents. "The people in NHS are fun to work with and we have a great time helping others," said Jenna McGuire.

Chris Wakefield summed up what NHS was. "NHS is great, the sponsors are a lot of fun. I enjoy helping other people" --Kari McCarley



*NHS Returning Members: 1st Row: Meredith Dykes, Lakisha Ridley, Leslie Latimore, Wendy Miller, Ashley Rogers 2nd Row: Kimberly Brown, Shelly Henkell, Marty Armentrout, Chris St. Jean 3rd Row: Binh Nguyen and Beth Nelson*



*NHS New Members: 1st Row: Chrissy Yesko, Amanda Lake, Brian Able, Jaime Ardiaolo, Kari McCarley 2nd Row: Brenda Kitchen, Christy Anderson, Troy-Ann Patterson, Michelle Spencer, Myla Spencer, Sam Lee 3rd Row: Jennifer Jarvis, Angela Griffith, Jason Wynn*

*"NHS is great because the people are fun to work with."  
--Demetria Howard, Secretary*



# FHS, GHS, and SHS

"The members of the societies work hard to get into the different societies," said Brenda Kitchen. Potomac offered three different foreign language honor societies, the Spanish Honor Society, the German Honor Society, and the French Honor Society. The requirements to get into the societies are a 3.5 foreign language GPA and a 3.0 academic GPA.

The SHS had 12 members with 16 new members that were inducted on March 1. The SHS went

to spanish restaurants and they are active in the Spanish Club. They are planning a trip to the National Gallery in the Spring. "The SHS has bordened my spanish knowledge. It is a responsibility and I have to help others while making myself a better spanish student."

The GHS had 8 new members inducted on March 1. GHS tutored students in German and they are active in the German Club. "They are wonderful role models,"

said Mrs. Marlies Smith.

The FHS also go to french restaurants. They travelled to other schools and they got together with other french societies and they learned from each other. They were active in the french club and they tutored students who needed help with french. "FHS has been fun. Because we go to restaurants and it is a chance for people to speak french well together," said Charlie Scott. — Kris Applegate



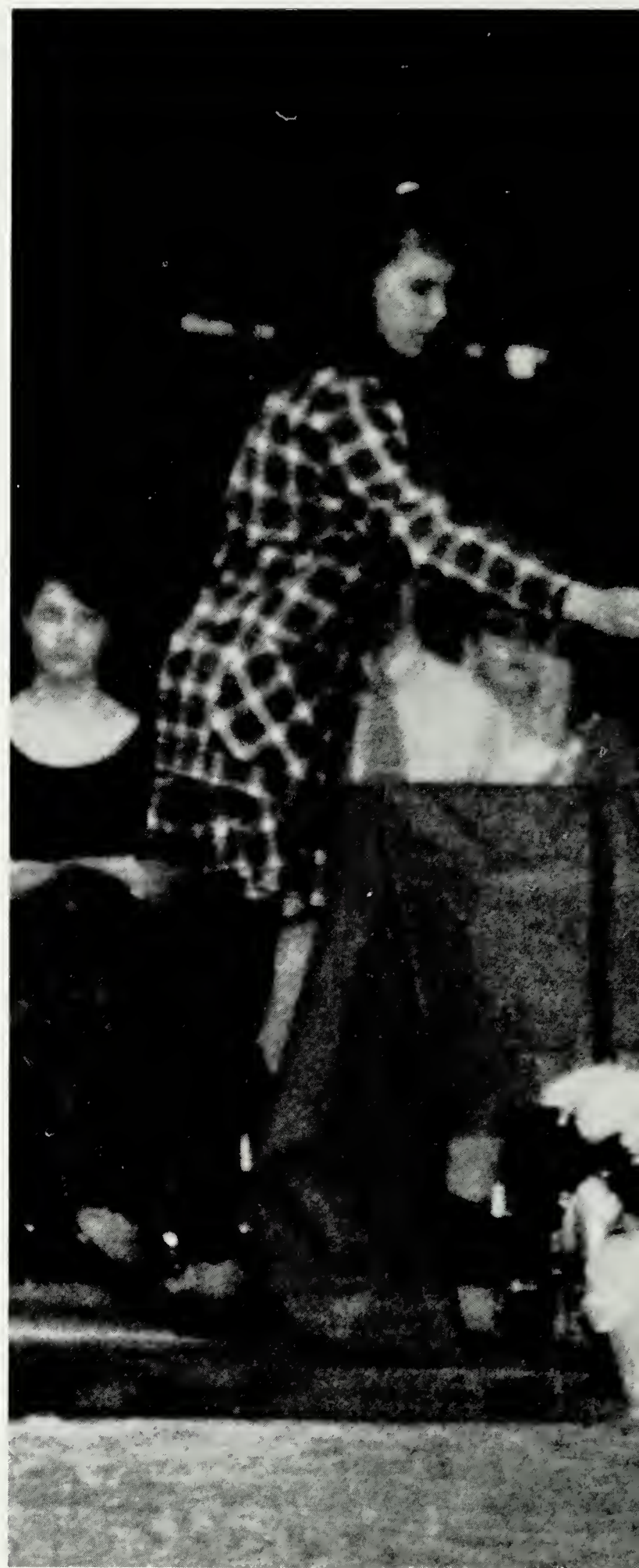
**FHS**

Front Row: Meredith Dykes, Lakisha Ridley, Lesile Latimore, Wendy Miller, Ashley Rogers  
Middle Row: Kim Herd, Shelley Henkell, Marty Artemtrout, Chris St. Jean  
Back Row: Binh Nguyen, Beth Nelson



**GHS**

Front Row: Jennifer Hayden, Stephanie Shields  
Back Row: Walter Smith, Jim Barrows

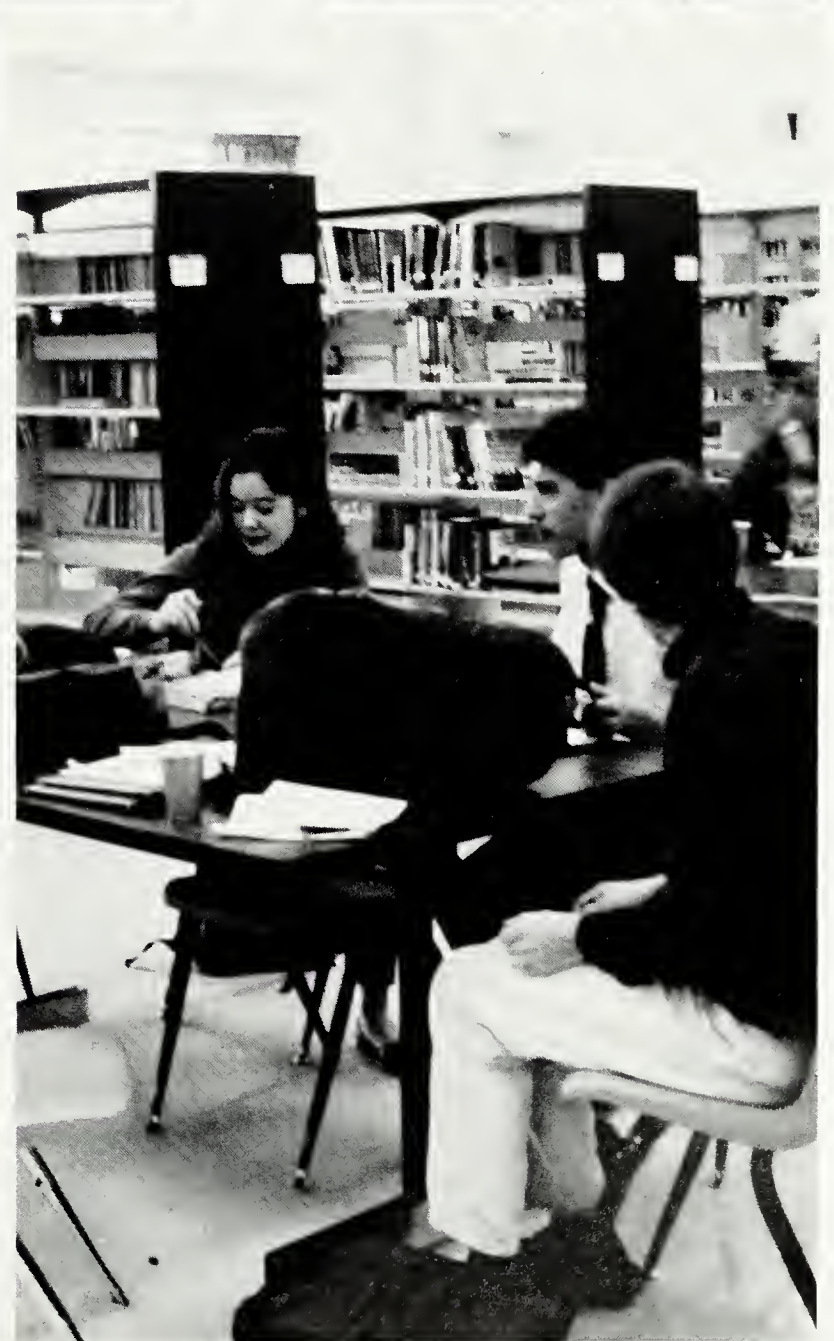
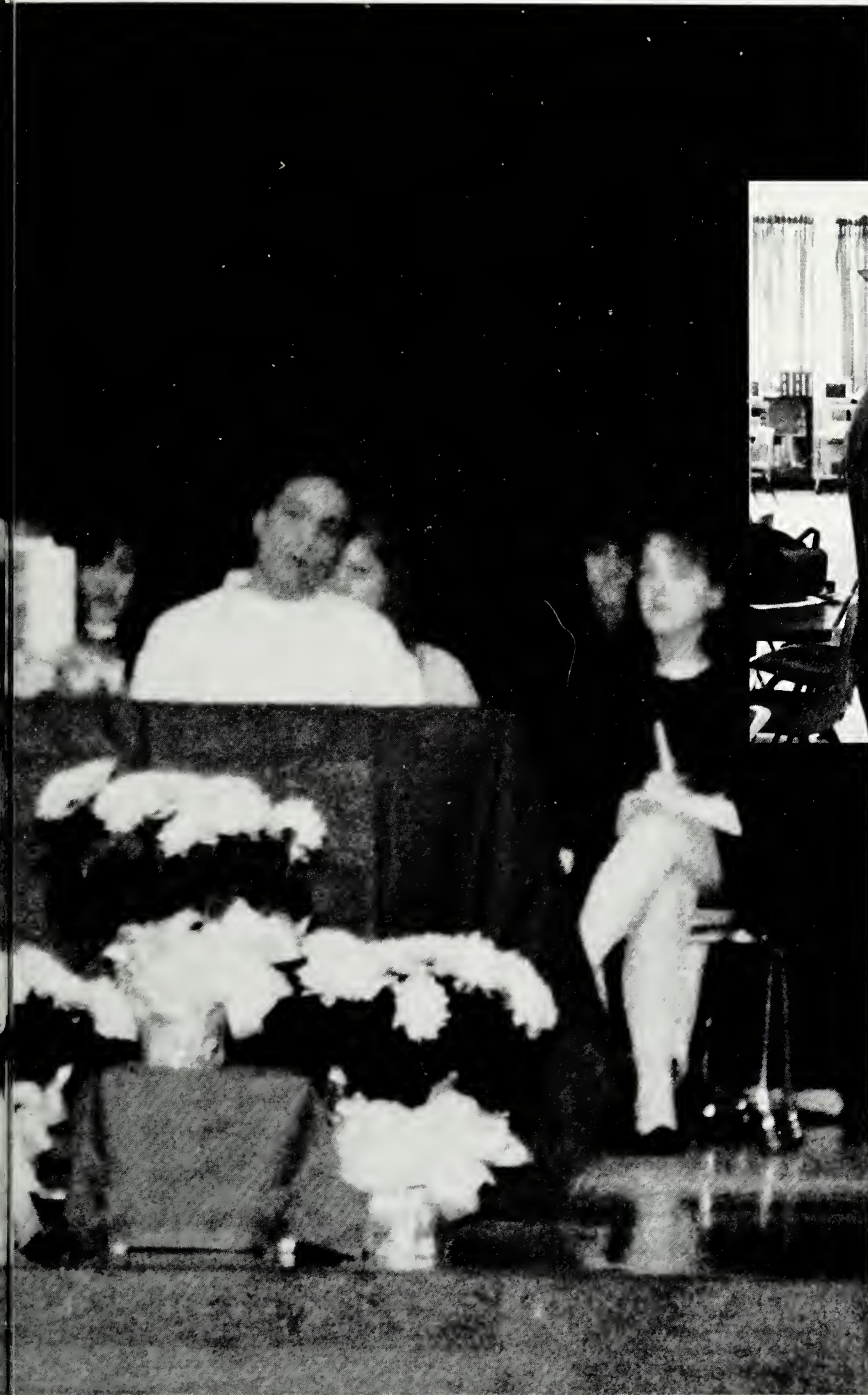


"It is a great thing, I am priveledged to be a member, and The Honor Society motivates me,"  
— Michelle Leckner.



*Danielle Bernier lights her candle for the FHS induction. The light symbolized the unification of the languages.*

*Chrissy Yesko and Mrs. Ernestine Roth discuss the induction. The reception was where new members met old members.*



*Jared Perrault, Matt Bowling, and Chad Grover eat at the Festival. The Festival was helped by the Honor Societies.*

*Raul Viveros, Debbie Prespare, Jaime Hill ate cake at the reception. The reception recognized the students' goals.*





Jared Perrault sits atop the VICA club homecoming float as other club members apply finishing touches to "The Panther." Building the float and other projects gave participants a chance to test their skills.

"The Panther" in action at Potomac's homecoming halftime show. The Potomac mascot rode on the float, which had a dazzling system in the rear that jet-tisoned steam. On the center of the float was a special thanks to all VICA teachers and students.



VICA club members mix paint and prepare equipment before starting a project on an automobile. Hands on experience helped to perfect old skills and to build new ones.

VICA Club President Andy Anderson and VICA Club member George Hall help carry the VICA Club float during the Winter Spiritfest '93. Andy was an outstanding Varsity Football player, and was counted on to make big plays and run the defense from his inside linebacker position.





# Vocational Industrial Club of America

The VICA Club followed in the footsteps of the academic vocational classes offered at Potomac. "VICA club gives students a chance to learn and utilize the skills employers in the vocational job market look for," said junior Andy Anderson, the VICA club President. "The club is like an extension of the classes, because the club members get on the job training while having a good time." Experience gained in the club and in the classes helped stu-

dents get into jobs involving body shops, construction, and contracting.

VICA was more than work, however. "Every year we have an annual car show, and this year we're in the process replacing the school sign at the entrance of Four Year Trail," continued Anderson. VICA Club also has a student/faculty/teacher softball game every year, and all participants always came away from the game happy. Club member

Brian Simpson said, "The game gave us all a chance to be together without having to be on an academic level."

The work and fun paid off in the end, with students who participated in VICA and vocational classes landing important jobs in the outside world. "It's the hands on projects that really make a difference," finished Anderson. "It gave us a chance to use our skills to build real world experience." — Joe Somosky and Shaun Vunder



VICA Club Officers-Front: President Andy Anderson Second Row: John Yaksina Third Row: Mr. Russ Bowling, Terry Hinegardner, Jeramiah Lazenby



# Written Expressions

Self expression and individual identity were both important for the average high school student. Students expressed themselves through clothes, music, bumper stickers, drawing, and even writing.

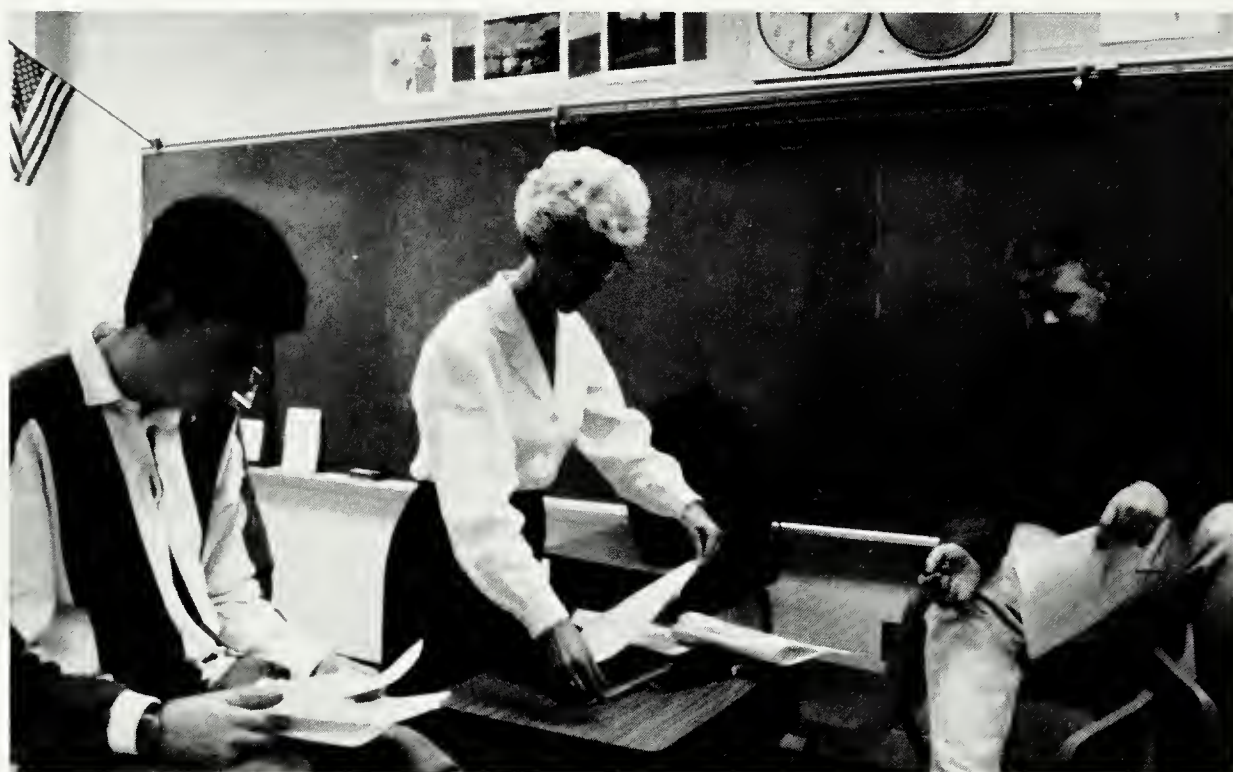
"Writing is one of the many ways of expressing yourself. Literary Magazine gives us a forum in which to share our work," said Tom Edgington. "Out of the Blue" and the "PHS Class" gave students the chance to

publish and share their writings with other students. The two clubs also provided a close family atmosphere that enabled the club members to feel at home and except criticism.

For journalism students it was important to be factual and creative at the same time. "Journalism let's me be creative and also experience what being a reporter is really like," said Mandy Lake. At the annual Virginia High School League

Conference, in Richmond, the 1991-1992 "PHS Class" won the Trophy award.

Both the Literary Magazine and the Newspaper had one final ambition in the end: to publish their work. The final product, produced annually by the Literary Magazine staff and monthly by the Newspaper Staff, is what everyone looked forward to and worked so diligently to accomplish.  
-- Stephanie Vermillion



*Bobby Knaupp reads over a submitted piece of writing while Mrs. Bridget Abler and Tom Edgington talk about their day at school.*



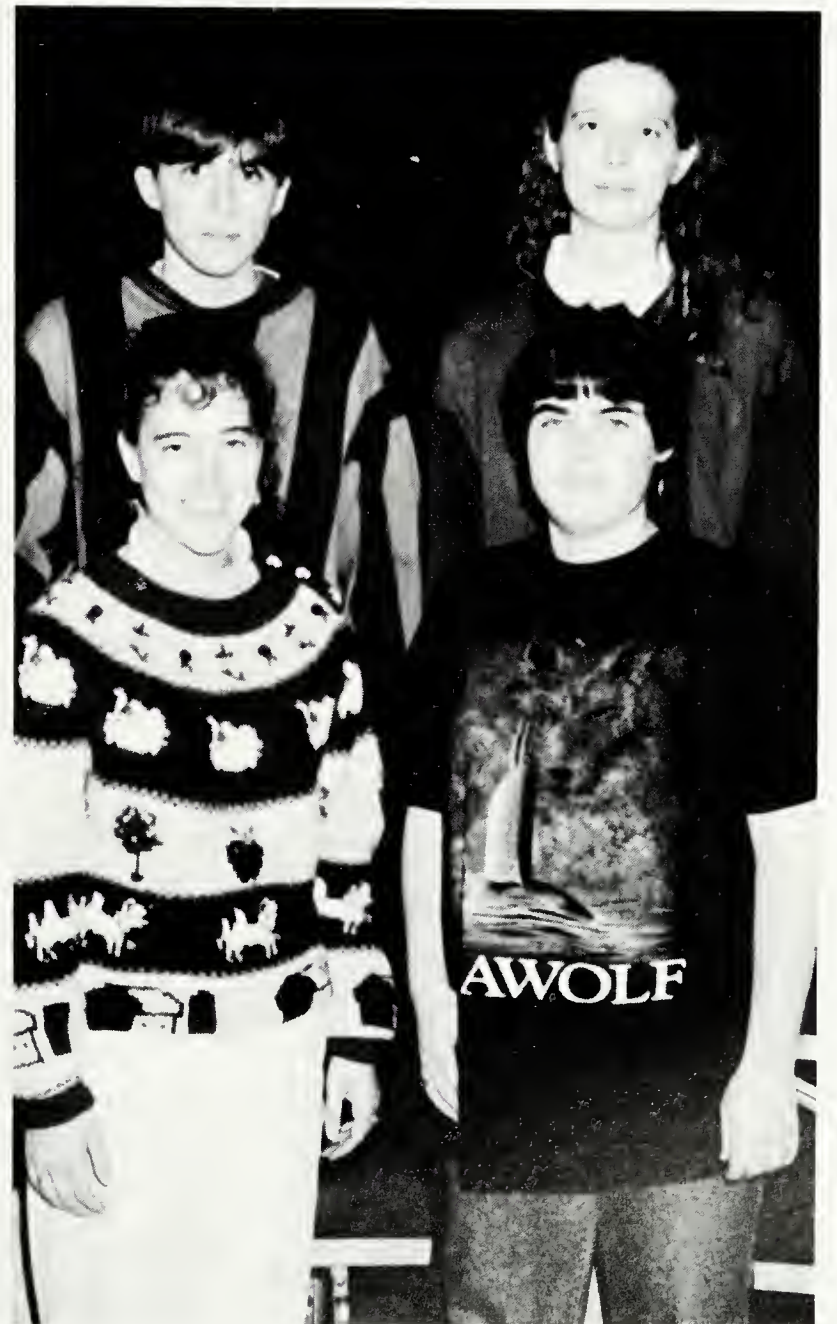
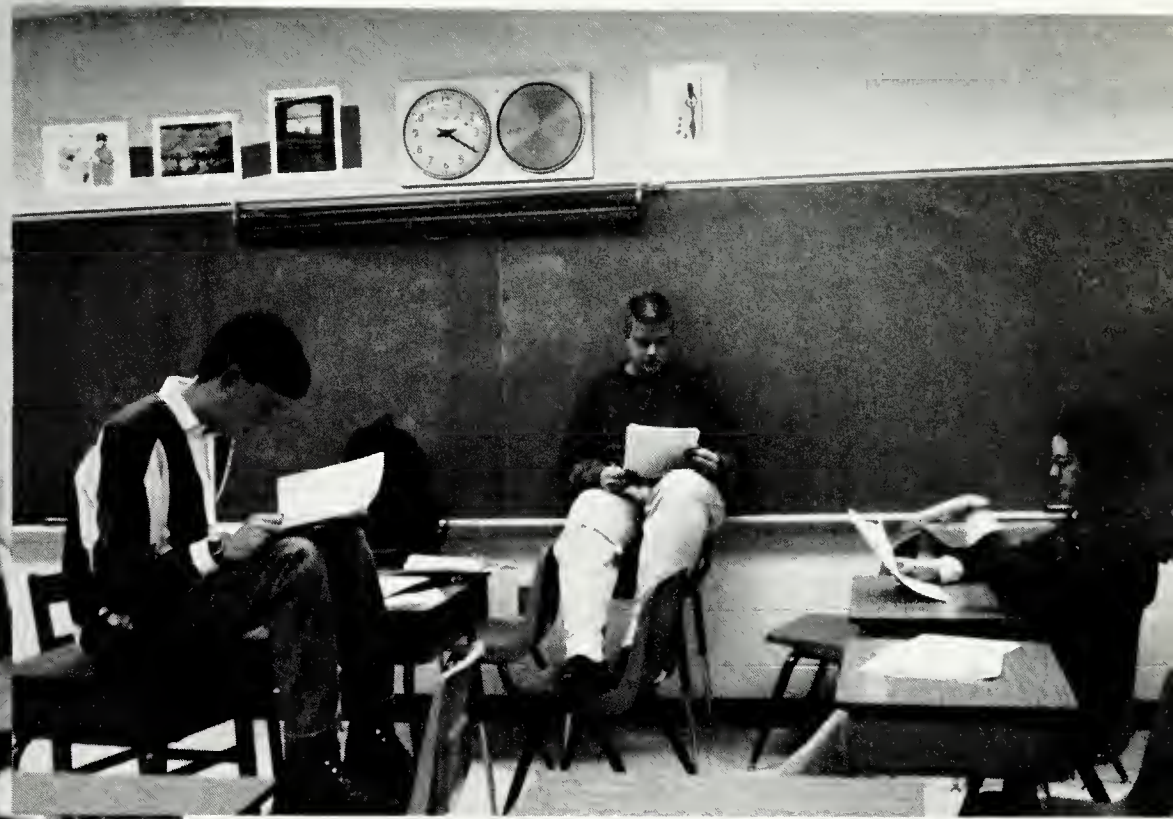
*"The greatest feeling is getting back the final product and knowing that you were a part of producing it."*

*-- Tom Edgington*



"She came in with a lot of enthusiasm and was energetic about working with us," said Melissa Connolly about the "PHS Class" new advisor, Mrs. Sally Shively.

A day in the life of critics. Each submitted writing given to "Out of the Blue" staff was read and revised before being published.



Business Editor, Nadine Tahan adds up the money that was made from sales. Money made from the sales went to printing the newspaper.

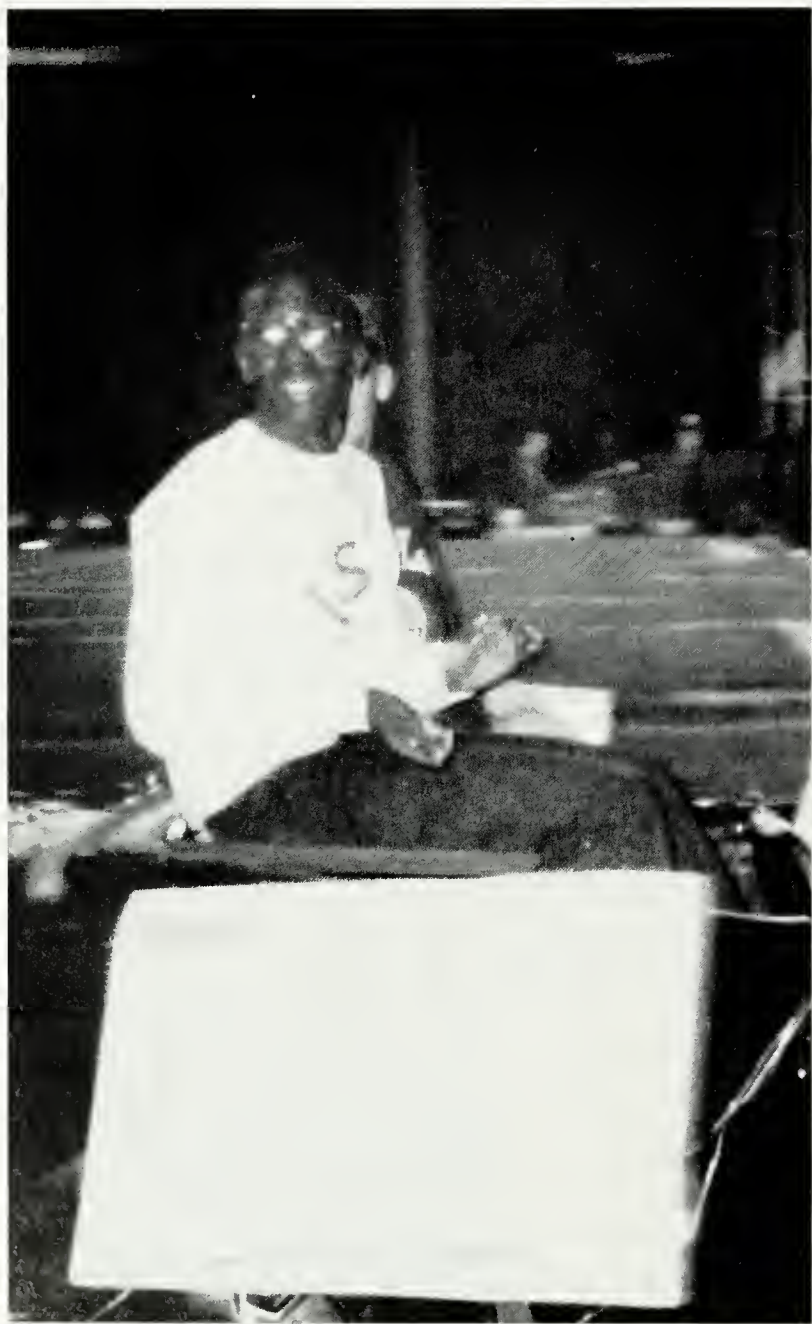
Literary Magazine (first row): Mandy Lake, Jennifer Hillmar (second row): Chris LoPresti, Robin Harris





Michelle Boyette helps the children at River Oaks Elementary School make cookies during the Christmas season. The children looked forward to the weekly visits from the FHA/HERO club.

President of FBIA Doug Haynesworth throws candy to the crowd, while riding on the FBIA Float. FBIA participated in many activities and the float was just one of them.



Crystal Ferguson teaches the children at River Oaks Elementary School how to cut out hearts to make Valentines for their parents. Helping the children taught FHA members about family values.

Karen Benton and Carrie Caplanis take on the South Bridge bus on their way to River Oaks Elementary School. Without the bus, FHA students would not have been able to help the children.







# Building A Future

FBLA and FHA took the future by storm. Both clubs brought students together so that they could establish their goals and then they worked together to reach them.

The desire of the members of The Future Business Leaders of America to learn about business was shown when they took a field trip to New York and saw such places as Wall Street, the World Trade

Center and the New York Stock Exchange. They hosted the FBLA Germanna Regional Conference, prepared for competition and helped dress bears for the Salvation Army.

Members of FHA/HERO focused on building well rounded personal and family relationships. Their efforts helped people when they collected food for the homeless, visited senior citizens, had teacher

recognition days, and organized the Homecoming spirit boxes.

"I think that the best part of being in FHA was when we went to River Oaks to teach the children new things," said Latessar Elliot.

In the end, all their hard work paid off and FBLA and FHA members were prepared for whatever the future had in store for them. -- Theresa Weitzel



*FBLA: Front Row: Renee Meadows, Erika Banks, Kathy Bradshaw, Doug Haynesworth, April Ienema-nyvong, Natasha Lewis Back Row: Missy Krass, Dawn Duarte, Irene Porto, Donna Desmond, Leah Forsythe*



*FHA: Front Row: Heidi Knight, Jennifer Burke, Heather Carver, Veronica Foster Middle Row: Sara Cruz, Latessar Elliott, Bernadette Burley, Shannon Washington, Crystal Ferguson, Alona McNamara, Val Bivens Back Row: Tami Ruheren, Kelly McIntosh, Karen Betton, Latanya Williams, Tina Bickel, Kim Rooker, Bernita Neal*

**"I like the fact that FHA focuses on building well-rounded personal and family relationships."**  
-- Mrs. Ginny Kubiak.



# Science and Math

"Our main goal was to buy the calculators. We were the only school in Prince William County without a classroom set. We bought six," said Renee Ruffing. The math club bought six calculators at \$73.00 each. They raised the money by working at Johnny's Junkfood for two weeks. The club also participated in many different activities. They did an experiment with a basketball paradox and probability. They also did an experiment that dealt with studying the char-

acterics of topology using playdough, and dealing with the lottery and unfair probability. The club's biggest activity was the Virginia Math League contest. There are six tests, where students compete against other schools in Virginia. Thirty-five students turned out for the tests.

The Science Club is another club that raised money for themselves. "The club is a very good organization and I wish there were more people involved," said Angela Nester. The club sold

backboards to students for \$5.00 to be used at the science fair and they are planning a candy sale. The money went to buy safety goggles for the Chemistry classes and to finance trips. In October, the club participated in a County-Wide Clean-Up where the members cleaned up Route 234 highway. They took a trip to West Virginia to explore the Sennet Cave. The club helped organize the Science Fair by setting up and voting on projects. — Kris Applegate



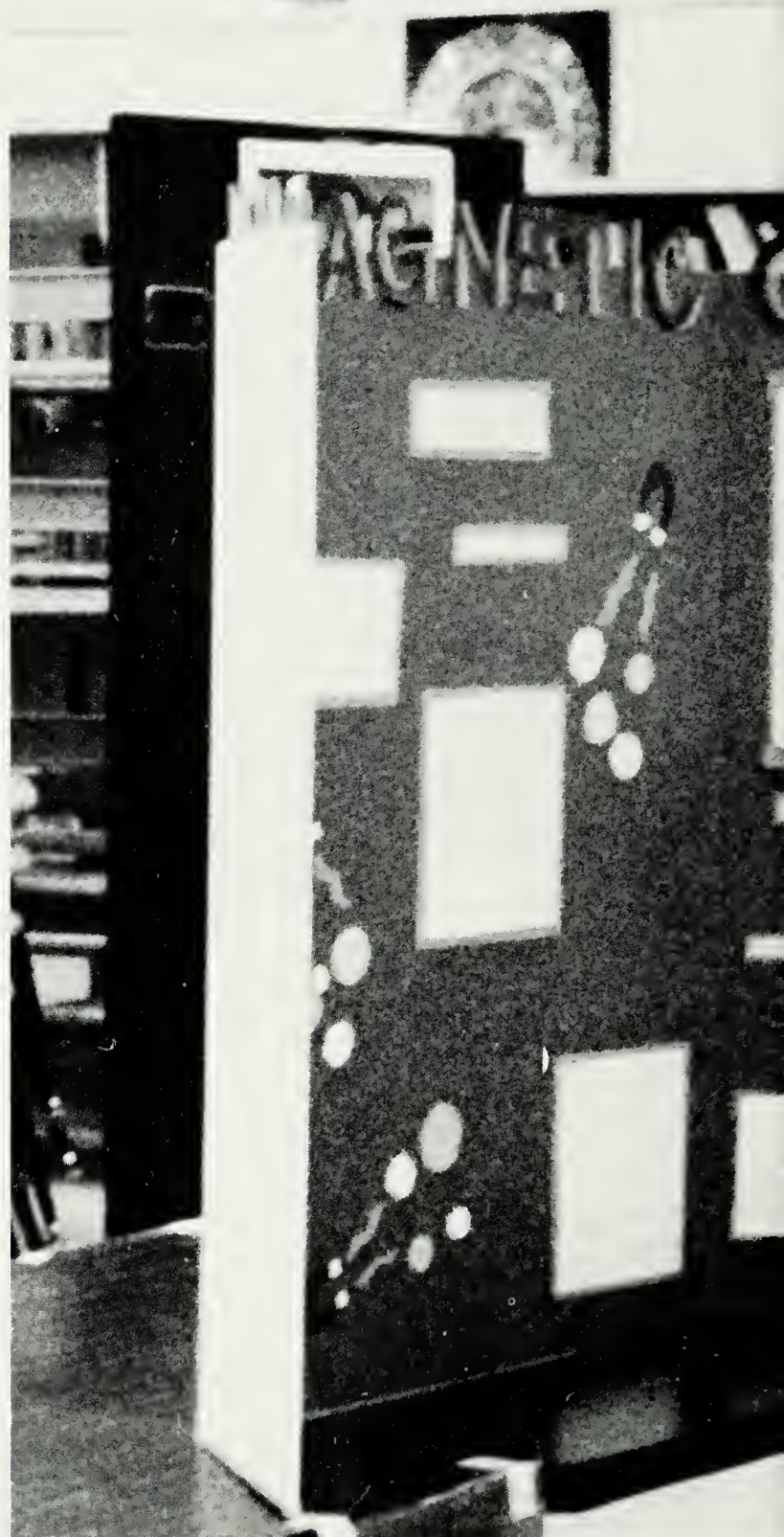
*Science Club*

*Front Row: Hany Morcos, Wilson Lee, Angela Nester, Jennifer Hillmar  
Middle Row: Amy Bann, Michelle Spencer, Myla Spencer, Medina Bigsby, Natalie Midinia  
Back Row: Mr. Leon Ragland, Sarmara Robinson, Jeff Gardner, Ulmer Ali, Ken Tra*



*Math Club*

*Front Row: Sean Glover, Debbie DeHarde  
Back Row: Renee Ruffing, Sam Lee, Wilson Lee, Chris St. Jean*



"We, as a group, cleaned up Route 234 and made it a better place to live. The people really appreciated it."

— Jennifer Hillmar.



Brooke Newey studies her science project looking for last minute details. The Science Club helped organize the Fair.

Mrs. Joyce Roach prepares Tiffany Jordan and Billy Bernhardt before they take a test. The highest score was a six.



Tim Kascak, Mike Lopresti, and Richard Wagreich work on science projects. Science Club helped vote on projects.

Kerri Adams and Sarmara Robinson rest in a cave. The Science Club went to West Virginia and explored Sennet Cave.



# Foreign Language Clubs

Learning about other languages is usually done in the classroom, but having Foreign Language Clubs takes the pressure off the classroom commitment. "I am in the Latin Club because it gives me the chance to learn about another culture without the stress of a classroom. We do a lot of the fun things that we can't do within the classroom," said Teresa Lloyd. Being in the club has other advantages than the classroom. "French Club gives me a

chance to learn about another country and culture by living it. Everything is done through actions and not bookwork which makes learning more enjoyable," said Gwen Sarver. Although foreign language clubs are time consuming, students found time to be dedicated to their work. "It's these students who participate in the struggle to help recognize the different traditions and cultures. Besides having a lot of fun, we learned about Spanish foods, arts,

entertainment, and even history," said William Ellis in reference to the Spanish Club.

The German club was also a great chance to experience new things; going to Locust Shade Park for the Oktoberfest and going to Midlothian for the Virginia German convention were just a few. Frau Marlies Smith said, "The club has grown every year since I've been here. We've had more students and activities." - Shaun Vunder and Andrea Hayes



*Spanish Club first row: Mr. Louis Blount, William Ellis, Umer Ali Second row: Michelle Spenser, Myla Spenser, Monica Chase*



*German Club first row: Charlie Dougherty, Walter Smith, Ron Novak, Stefanie Hipple, Jennifer Scudamore second row: Brian Levaett, David St. Jean, James Cuadil, Stephanie Shields, Emily Jarabak third row: Chris Rinker, Butch Mohaney, Kelly Anderson, Sam Lee*



“German Club gave all the members a chance to understand and appreciate the German culture, traditions and the country itself. We always participated in many fun activities, and the time we put forth paid off in the amount of knowledge we received.”

-- Jennifer Scudamore.



Kenric Russel watches as Amanda Hayes talks to Joe Kettering while eating at the Foreign Language Festival. Foreign Language Week gave the students a chance to taste new and foreign foods.

French Club first row: Jennifer Jarvis, Jessica Caseman, Ny-aoka Green, Gwen Sarver second row: Brook Newey, Mrs. Gloria Miller, Jeanie Cassidy



Latin Club, first row: Michelle Clemons, Latitia Elliot, Brenda Johnson, Jennifer Hillmar, Justin Rillon, David Caramanica, Chris Wakefield, Miranda Johnson, Pam Slater, Tom Edgington, Patrick Piccoli second row: Jamie Hinkle, Heather Udell, Robyn Purdy, Chris Critchfield, Ian Goodman, Matt Boyd, Scott Furbee, Tracy Stauffer, Tanya Brown, Latsha Johnson third row: Mrs. Natalie Bonshire, Leslie Melvin, Anita Major, Teresa Lloyd, Jennifer Gray, Debbie Deharde, Saovi Chounramany, Dawn Bellamy, Tanisha Wrenn, Yung Lee, Desiree Snyder, Jen Stewart, Christy Anderson, Lindsey Priestly



# Behind the Scenes

When the house lights dropped in the PHS auditorium, audiences lucky enough to catch a Drama Club performance were transported to a world created by talent and illusion. This year's journeys included New York ("Agatha Christie Made Me Do It") and Europe ("A Midsummer Night's Dream").

To prepare this world, the cast and crew participated in several vocal and re-

laxation exercises. The Drama Club rehearsed three hours a day for two two-hour plays. "During rehearsals, the stress can really get to us. It's important that everyone keeps a level head and does what they are supposed to do," said Michelle Leckner.

The club members not only took their audiences on a journey, but travelled on field trips, to a state competition, and to a student thespian conference in Rich-

mond. "It's a lot of fun to travel to these places. We get to meet great people and attend interesting workshops," said Regan Wynne.

After members returned from the workshops, they memorized their lines, coordinated the stage actions and lighting directions, and prepared to take their next audiences on another journey. — Scott Keith and Tracy Adams



First row: Sheri Fountain, Chris Crowder, Sharon Fox, Megan Crowder, Amy Bann, Mikey Dovburg, Wendy Hornbeck, Charles Dougherty Second row: Mrs. Deborah Neuhard, Stephanie McFarland, Gwen Sarver, Tim Deputy, Brooke Newey, Jennifer Hillmar Third row: Dana Bamburger, Sean Floars, Beth Nelson, Patrick Keith, Shana Haring, Demetrius Hicks, Jason Wynn, Scott Keith, Jim Agnew



"The Drama Club is an experience that I will never forget! I have always loved drama and the people involved make it all the more exciting. Thespians are the most fun!"  
— Mikey Dovberg



Monte (Mikey Dovberg) talks with his fiancée Cindy (Sheri Fountain) about the death of his best friend, Carl (Regan Wynne). In the end, Monte found out that she was the one who killed Carl.

Sitting down during lunch, Kirsten Haughey talks to Jessica Parr about being stage manager. A stage manager made sure all actors were aware of where they were supposed to be.



Student director Beth Nelson takes a moment backstage to catch her breath. Beth wore a headset because she needed to be able to communicate with the light and sound crew.

During the Homecoming parade, Tim Deputy and Regan Wynne battle it out. Each club had the opportunity to "show off" in the parade but only a few took the chance.





# The People First

As the new year began, anxiety, fear, excitement, and anticipation mounted as the country anticipated the changes that a new administration would bring. President Bill Clinton promised to "put the people first" when making these changes. Potomac students in the Key and Leo clubs took this sentiment to heart and began by putting the people in the Dumfries-Woodbridge area first.

In January, the Key Club participated in "Project Mend-A-House," a non-profit organization originated to match volunteer workers with elderly members of the community who needed assistance maintaining their homes. Key Club was paired with a retired couple who needed the porch on their home repaired to provide easier access in leaving and entering their home.

In February, Leo Club representatives Chris Hobbs, Mandy Marcopulous, and Jamie Ardiolo travelled to the Woodbridge Nursing Home and delivered Valentine's flowers.

Both groups of students demonstrated that it doesn't take a President to know that putting people first begins with the people in your own community. -- Steph Vermillion



*first row: Michelle Cox, Susan Blanton, Heather Udell second row: Brian Abel, Chris Hobbs, Angela Nester third row: Mrs. JoAnne Willis, Mandy Marcopulous, Chris Wakefield, Jaime Ardiolo*



*first row: Chris Wakefield, Daniel Sava, Scott Gordon, Debbie DeHarde second row: Ryan Bubb, Mr. Bill Moreland, Jim Bubb*





*Chris Hobbs wishes a resident of the Woodbridge Nursing Home a "Happy Valentine's Day." Some of the residents did not have relatives close to home to be with on special occasions.*

*With good cheer, Wendy Miller gives a senior citizen a Valentine's card. The residents of the Woodbridge Nursing Home welcomed the Leo Club members as special friends.*





# Whose responsibility?

In order to produce a \$25,000 book, responsibility played the biggest part in photojournalism. It made students realize that the little mistakes couldn't happen, that they needed to fulfill the responsibility that was given to them. "The responsibility is a lot because everything rides on your shoulders when it's time for your section to go in. It's a lot of hard

work, but in the end I'd say this is our best book ever," said Kris Applegate.

Staff members found out that it took time, effort, and creativity to produce a book for the whole school. "It's hard knowing that everyone is counting on me, if I don't get my work done, it's not just my grade that is affected but the book won't come out,"

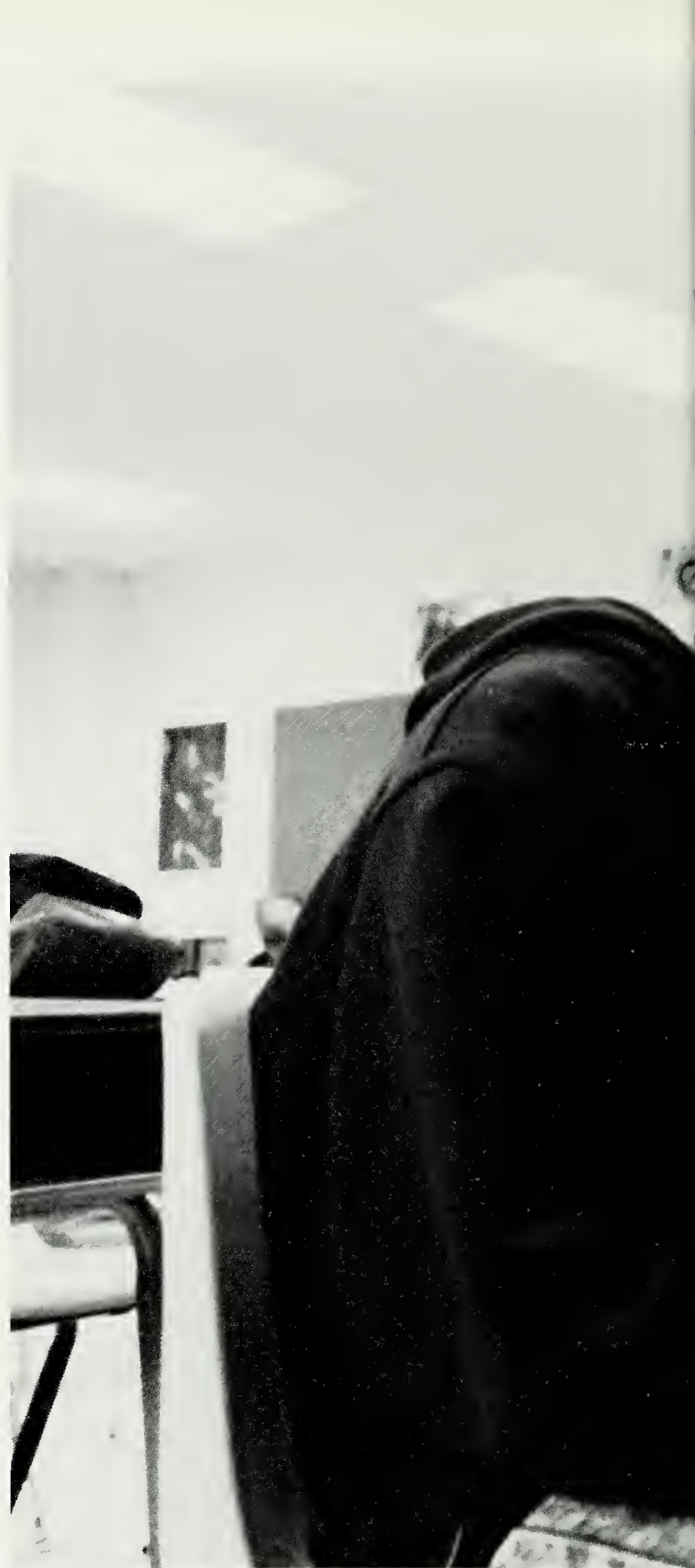
said Theresa Weitzel.

Despite health problems and a small staff, members worked together and used what they had learned about responsibility to complete the yearbook for the school. "I've learned that each person has to do their share. It takes everyone to make the book work," said Joe Somosky. — Tracy Adams



*Tracy Adams shows Theresa Weitzel how to crop a picture. Cropping indicated which part of a given photo will appear in the book and eliminate unwanted portions of the photo.*

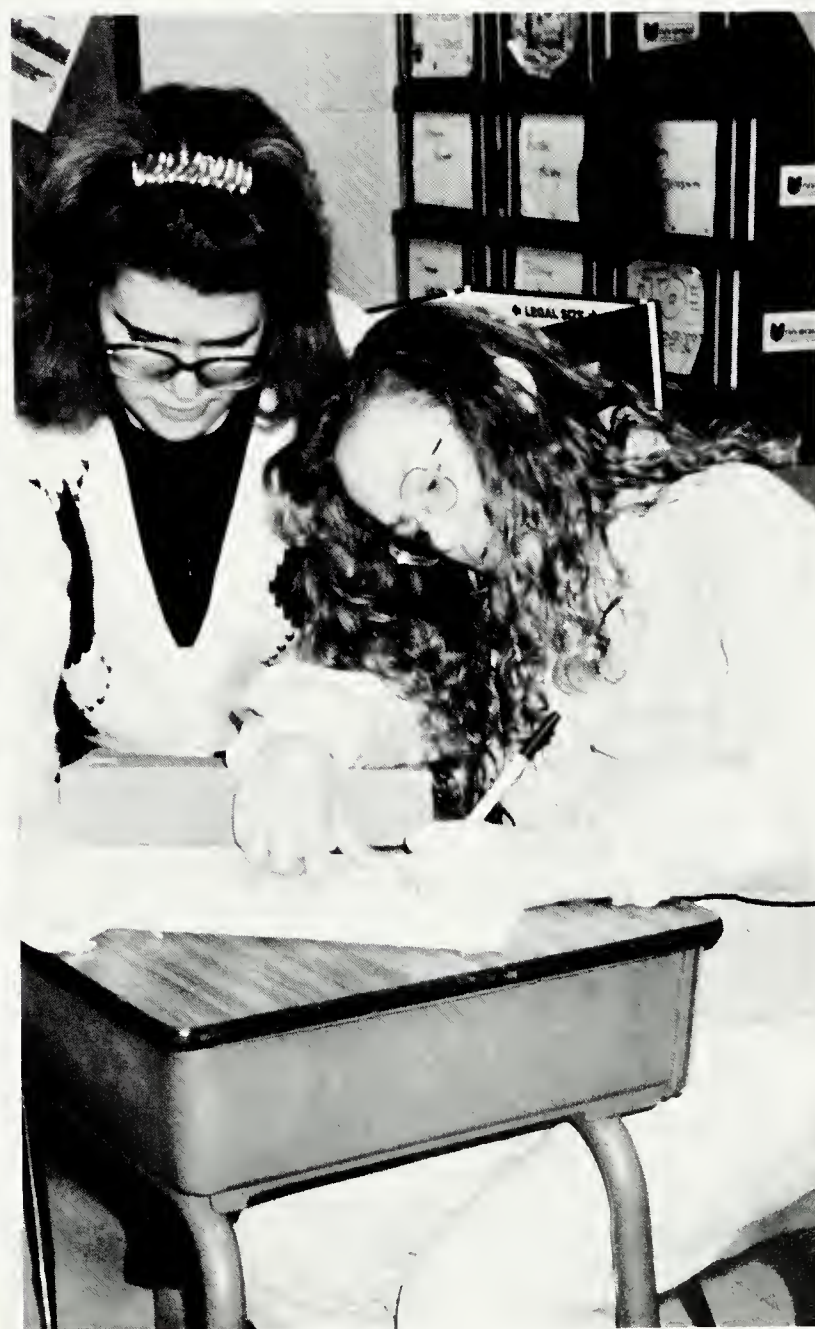
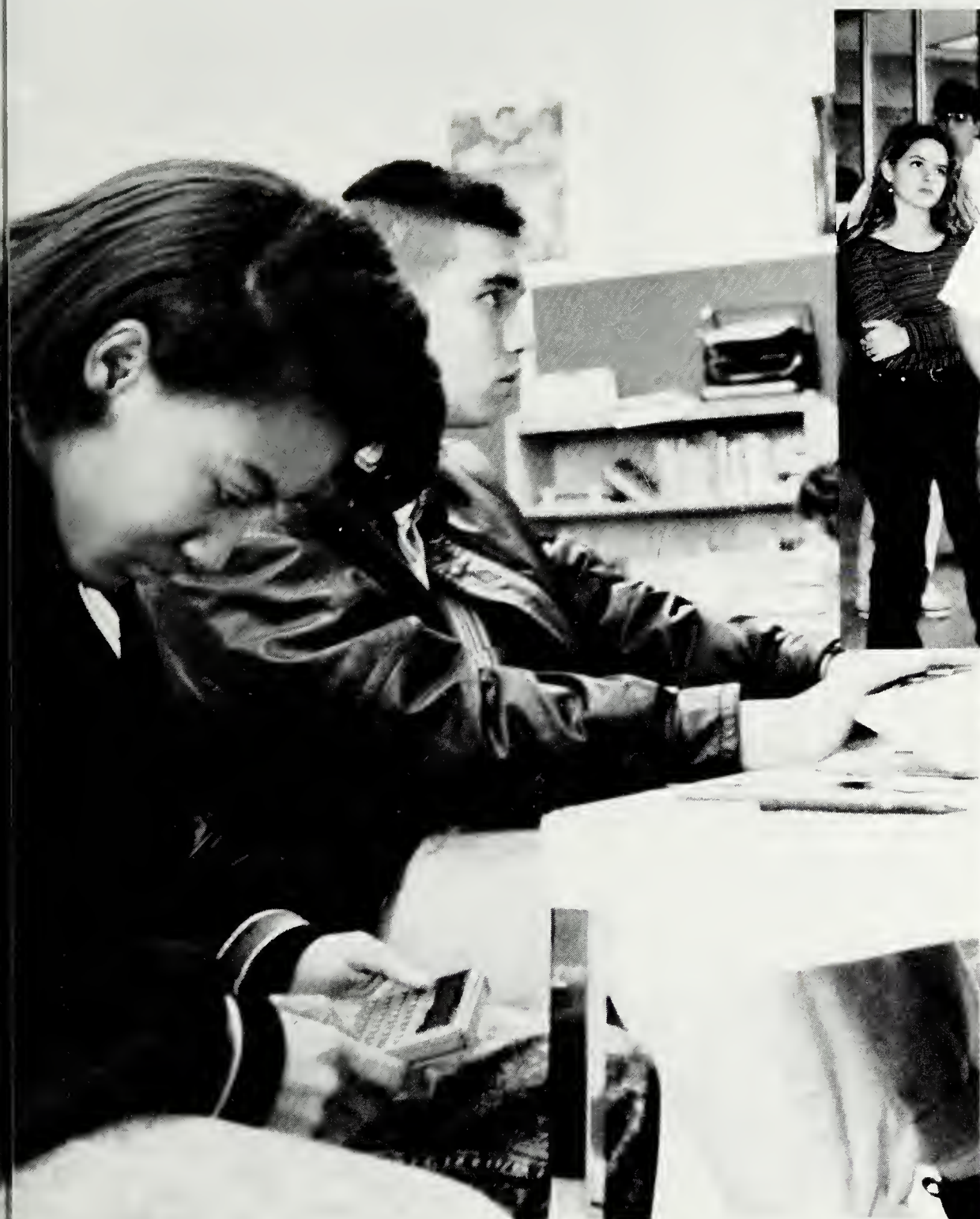
*Finishing up his spread, Shaun Vunder redraws his layout. Each student had at least three spreads to finish before a deadline and for their grade.*





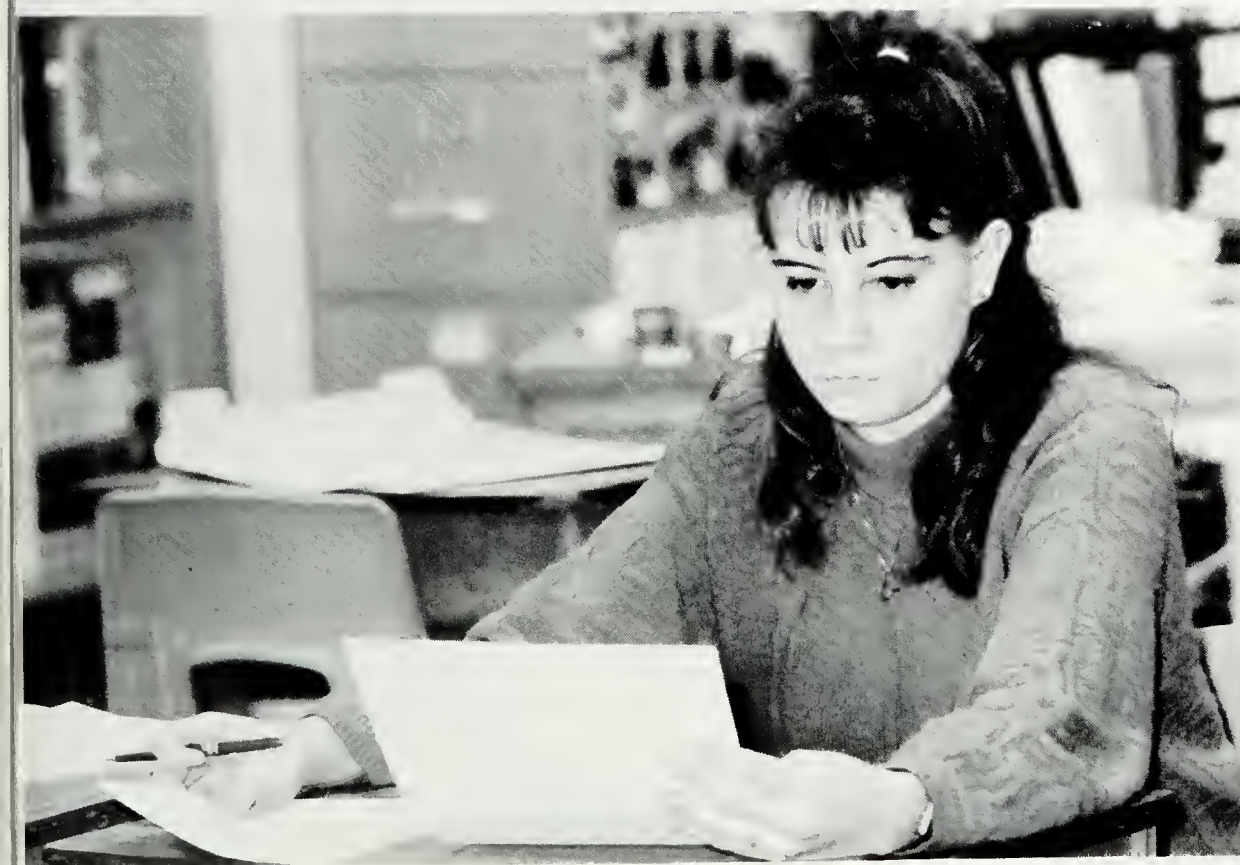
*Lisa Mosely uses her pocket thesaurau/spelling checker to help Joe Somosky with his copy. Lisa and Joe were the perfectionists on the staff and often collaborated.*

*While Teresa Lloyd hands Chris St. Jean his reciept for his year-book, Stephanie Vermillion counts the money to see how many books have been sold.*



*Kris Applegate proofs the senior statistics. Kris was responsible for compiling and entering these statistics.*

*Helping Stacy Goldsmith out, Kari McCarley tells her how her copy could be better. Constructive criticism was helpful because it allowed students to get help with copy and a good grade.*





Chris Lopresti works on putting name tags on the art work put up on the display, the first NAHS project. Members of the club worked continuously to put the final touches on the multi-dimensional display.

John Fillback and Vat Phayvanh help put up art created by members of the National Art Honor Society. Members of the club set up the multi-dimensional display during the youth art week.



Michelle Spencer concentrates on measuring the amount of space she will need to frame her picture. After all the art work was matted, it was carefully put on to the display which was put in the lobby.

Beth Nelson checks to see that a piece of matting board is cut right. Students were able to choose from a variety of colorful matting boards which enhanced the art work being framed.



# National Art Society

A new organization was formed during the 1992-1993 school year, the National Art Honor Society (NAHS). The purpose of the NAS was to recognize students with outstanding art ability, inspire members to work hard to reach their goals, promote dedication and excellence in the pursuit of art, encourage creative ability and talent, bring art to the attention of schools and communities, bring about the awareness of art as a viable subject, and finally advance the awareness

of education.

Vat Phayvanh commented, "I joined NAHS because it's the only club I'm really interested in. Also Art is my favorite subject and I was wondering when they would come up with an Art club."

To meet the requirements for becoming members of the NAHS students had to have a average of a "B" or better in an Art II class or any higher Art class, be enrolled in a senior high school, and remain active during such times

when they had no art class.

The National Art Honor Society gave students who desired to do more with their artistic ability the chance to do positive things for the school. Chris Lopresti said, "I have always done my best to take an active part in anything that has to do with art in this school." John Fillback also stated, "It's a way I express myself and it's what I do to relieve stress when I'm down in my own world." -- Lisa Mosley



*1st row; l to r: Michelle Spencer, Kari Phillips; 2nd row: Amy Bann, Kristine Katsarelis, Kim Barnett, Benj Brown; 3rd row: Mark Song, Ling Dao, Peter Song, Carol Leggett*

“The National Art Honor Society allows us to give special recognition to those students who work hard and excell in the visual arts.”  
-- Carol Leggett



# What's New?

This year, two new clubs were formed at Potomac. The first club, PULSAR, was formed by the IMAGES (Innovative Mathematics and Growth in English, Social Studies, and Science) students. PULSAR (Police, Public Educators, and Peers Utilizing Leadership of Students at Risk), let the students help each other and their community. PULSAR was led by Mrs. Karen Spillman, an IMAGES science teacher. Mrs. Spillman said, "Students recognize the im-

portance of a drug free environment and the importance of expressing their feelings to people. Since our school is the first in the county to introduce this program, we are hoping it will find its way into other schools in the county."

Panther Watch was started by Officer Bill Anzenberger in cooperation with the administration. Panther Watch was a program that helped insure the safety of the students and the faculty. Even though only

a few students participated in the program, it had the approval of the school. "I think it was a great idea to start Panther Watch. It really helped our school," said Pam Slater. The monitoring of the sock-hops sponsored by SCA and watching the floats for the parade during Spiritfest were a few of its successful duties. The founding of these two interesting clubs proved to be helpful to Potomac this year. -- Teresa Lloyd and Stacy Goldsmith



*PULSAR club members work on a group project together. The assignment was designed to help them identify different problems people might have.*







*PULSAR students build a fire to keep warm during their retreat in the Blue Ridge Mountains. The retreat was designed to help them openly express their feelings and to work together.*

*Katy Laskey and other group members discuss different problems a person might have as Sheila Hardy writes them down. PULSAR helped students better understand the people around them.*

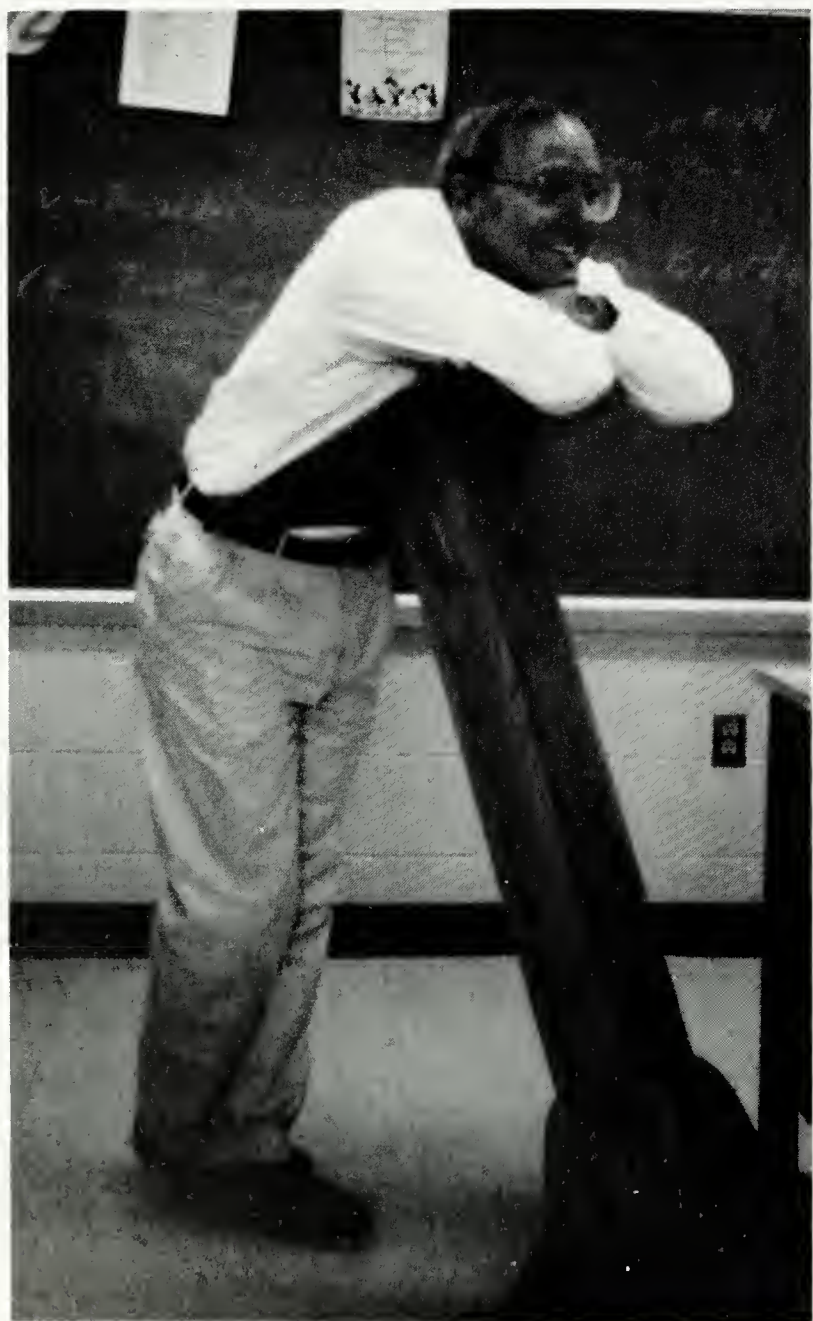


*Panther Watch member Beth Geer looks over the suggestions found in one of the suggestion boxes. The boxes were used to get information about events happening during school.*



Kelly Halleur and Yesenia Baid-  
eras visit an elderly man in the  
nursing home. DECA members  
travelled to local nursing homes  
to help entertain and bring joy  
to the residents.

Vikki Allen helps to encourage  
an elderly woman, while bowl-  
ing at the Woodbridge Nursing  
Home. Bowling was one of the  
many activities DECA partici-  
pated in.



Mr. Dave Carr is relaxing for a  
brief moment while talking to  
his DECA officers. The job as  
advisor of DECA was hard work,  
but it was also a fulfilling op-  
portunity.

Shawn Teague listens intently at  
the DECA meeting to the infor-  
mation given by the club offi-  
cers. The club meetings helped  
prepare members for the weekly  
events ahead.







## With A Helping Hand

Distributive Education Clubs of America, otherwise known as DECA, was a vocational club that helped to prepare students to enter the business world and raised community awareness. This club was available to any student who took a marketing class.

The main goals of this group were to provide leadership development, civic consciousness, vo-

cational understanding and social intelligence. Members of DECA reached their goals this year by helping to organize a turkey canned food drive for Thanksgiving, providing a spaghetti dinner the first Friday of every month for residents of the ACTS shelter, visiting local schools and nursing homes.

Most people wouldn't think that a club that was

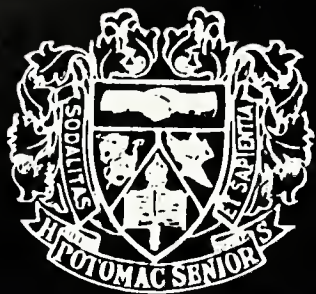
centered around the business world would care about helping other people, but DECA members realized that being in a club was also a chance to create friendships. Michelle Boyette said, "I decided to join DECA because I like helping people, and I love to see the looks on people's faces after we have visited them." -- Theresa Weitzel



*1st Row: Heather Udell, Vikki Allen, Karen White 2nd Row: Hakeem Atobajaiye, Brian Stone, You Li Lee, LaShawn Rankin 3rd Row: Kelly Halleur, Cochise Wonzer, Jennifer Martin, Shawn Teague*

“I believe that the main points of DECA are to help to raise community awareness and help others while helping ourselves.”  
-- Mr. Dave Carr.





## ACADEMICS

Theresa Weitzel and Tracy Adams

With the Presidential election and international relations in the forefront of their minds, students and teachers seized the moment to incorporate current events into their academic classes.

Seniors completed Government projects which corresponded to the 1992 Presidential campaign. Although the projects were difficult, getting involved helped students understand the race for the White House. "Behind each door there is a mystery waiting to be solved. Academic classes provided the keys to unlock those doors."

While government classes studied domestic issues, Foreign Language classes focussed on improving international relations. "I liked the Foreign Language Festival because I got to eat all kinds of food and learn about different cultures," said Erik Meyers.

*In order to release the stress of academic work, Paul Patterson lifts weights after school. Health and Physical Education classes taught students to seek positive outlets, like lifting weights, for their energy.*

*Dyschoncia Aquire and Kevin Johnson work together to create a nourishing environment for their plants. Environmental concerns were more pressing than ever, and students seized the moment to explore new solutions.*



How do you think your academic classes will help you later on in life?



My academic classes prepare me for the future, even if my future right now is college.

— Jason Erie.





*Christine Holloway proofreads her paper before she types it into the computer. With the economy in a recession, the need for technological skills was strong and students seized the moment to prepare themselves for the competitive job market.*





“**Business Computer Applications** is giving us the opportunity to use software that the businesses are using in the work field.”

— Dawn Duarte

*Erika Banks helps Brian Webb figure out the margins of his typing assignment. Business teachers were assisted by student aids, who helped teachers with organizational tasks and tutored less experienced students.*

*Nicole Aquino types a memorandum for her Office Specialists I class. A student's ability to type and understand basic typing skills was an added bonus and a requirement for many of the business classes.*





# Preparing for the

## REAL World

### Students learned skills needed in "Corporate America"

As the clicking of computer keys drowns out the sound of the teacher discussing the principles of business law, students' watch eyes are opened to the new world of business. "Business classes have taught me skills I will need to get along easier in the future," said Lora Quinlan.

Business Computer Applications, a new class, was added so students could work with software which was more applicable to the business work force. This class offered students the opportunity to work

with the updated equipment such as, the Lotus 1-2-3, dBase III Plus, and Word Perfect 5.0/5.1. Mr. Mark Purtell said, "This is something the school needed for a long time. It is directly applicable to the outside world."

The business class gave the students an opportunity to expand their business knowledge. For example, the COE class gave the students an opportunity to leave school early and go out and work in the business field. Renee Dent said, "They help me get a better understanding for the business atmosphere as far as your attitude and how you can deal with others in an office. I know that learning how to type and working with computers has helped me in my job and in school."

— Kris Applegate

*Deepa Malladi and Lakisha Ridley work on their Lotus Project 3 assignments. The students received hands-on experience and knowledge about computers, keyboards, and disk drives and they also learned about the different types of computer software.*



*Mr. Mark Purtell, Dawn Duarte, and Georgeann Gunter talk about copying a file in Lotus 1-2-3. The BCA class offered a wide range of computer knowledge such as dBase III, Lotus 1-2-3, and DOS.*



# Two In One

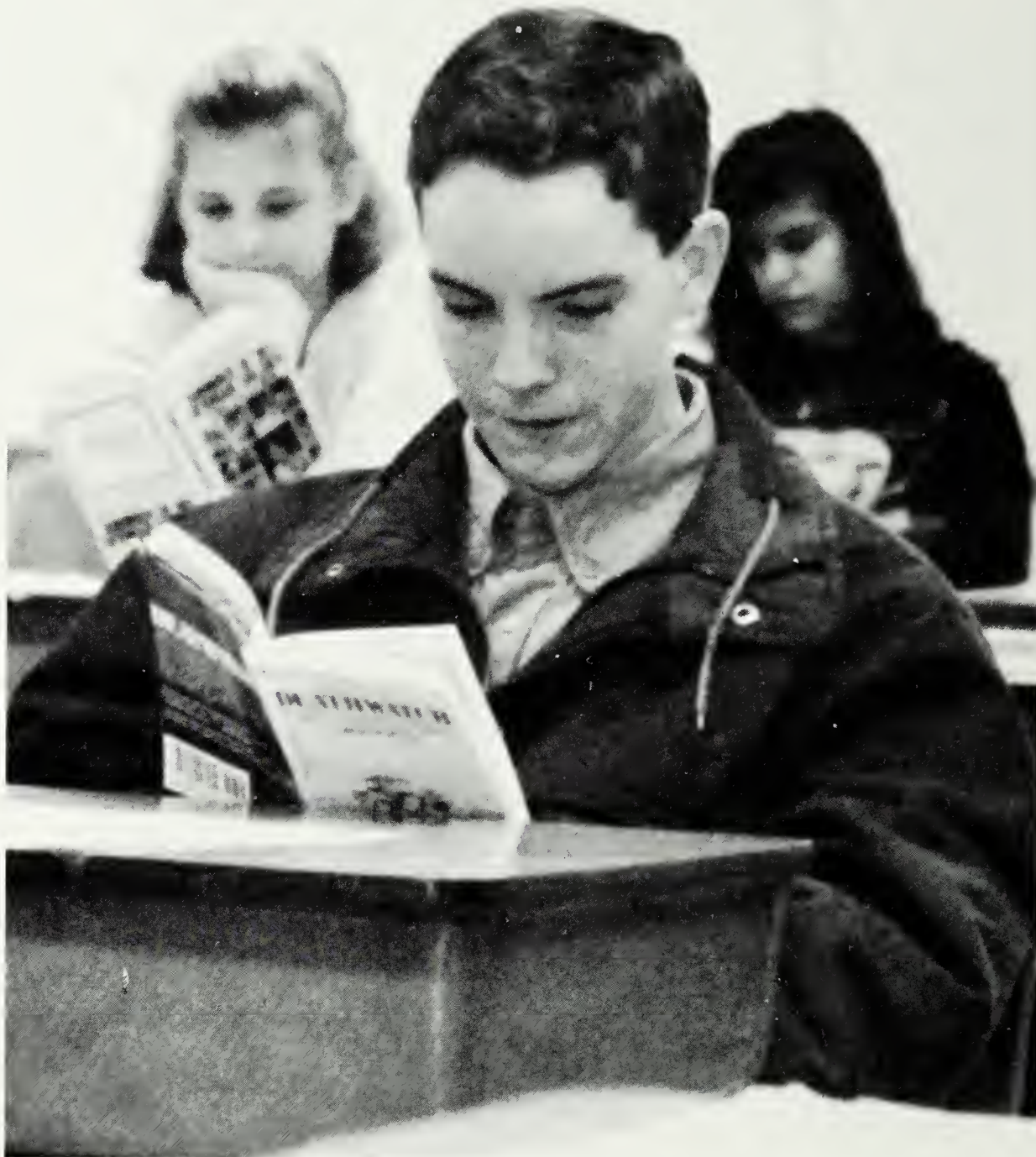
## New curriculum allows flexibility for teaming

A new Language Arts curriculum was piloted by Potomac English teachers. This new curriculum allowed teachers freedom to select a variety of materials and incorporated a whole language/writing workshop philosophy. One benefit of the new curriculum was its adaptability to team teaching. Mrs. Beth Conte and Mrs. Ann Dimedio adapted to the new curriculum by combining their 11th grade English and History classes. By combining their classes they had a chance to teach the students for two periods, and ensure that they had the background in both English and History. Mike Daho a student in the teamed classes, said, "You can get a comparison of the two different types of classes and what

your learning." Mrs. Dimedio said that the best part of team teaching was, "The close contact that Mrs. Conte and I have been able to establish with the students and their parents."

According to Mrs. Dimedio, the team was able to interweave the two subjects. Mrs. Dimedio also said, "I am able to make comparisons and draw conclusions between History and English with the assurance that they have the historical background." Jay Ellis said, "The best thing is the overall education we receive from both teachers." — Stacy Goldsmith

*While working on a poster to sell his book, Kevin Chronister skims Deathwatch, which he read with his partner, Jaime Aquino.*



*John Wahala, Jocelyn Moros and Dorothy Cobbs laugh as their story is printed by the computer. The computer was a useful tool for revising and editing.*

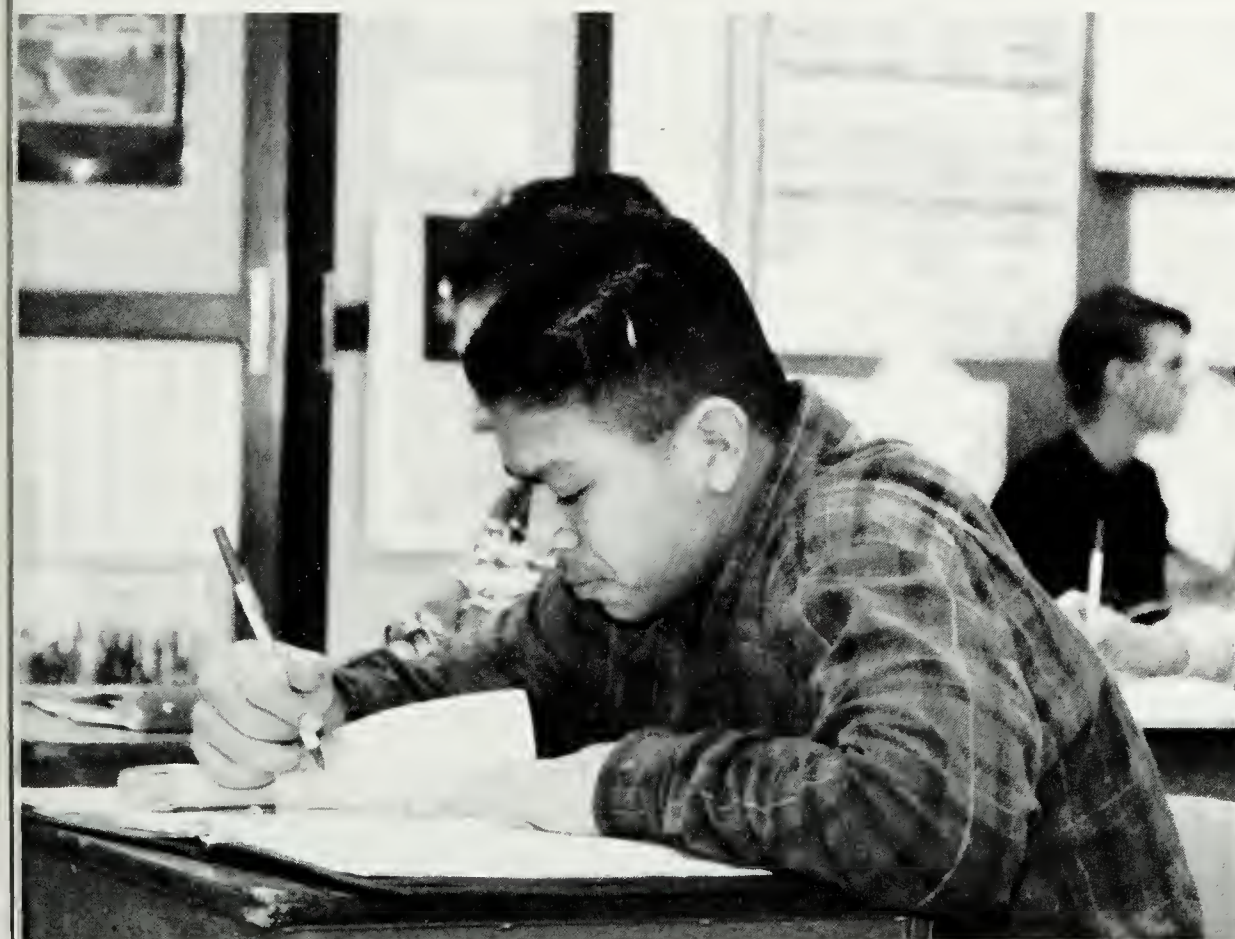






*Rodney Smith prepares a commercial in which he advertised the book, **Wolfrider**, which he had just finished reading. Diana Duvall helped him by acting out a part in his skit.*

*Jaime Aquino takes double entry notes on the book he's reading, **Deathwatch**. He wrote his reactions to each of the characters and to the plot.*



“  
In the future,  
there are alot  
of jobs re-  
quiring  
teamed ef-  
forts. If we  
practice this  
in high school  
then we  
should be  
ready for it in  
the real  
world. —  
Spence Lawr-  
ence.”





“ Science class was fun to take this year because I not only learned a lot but it was also interesting and enjoyable, ” commented Katy Elmore.

*Experiments brought real life into the class room. Here, Mr. Bob Moreland assists Ryan Bubb, Brian Rumph, William Beckman, and Brad DeHoust in studying centrifugal force.*

*Carlos Cabanez and Jim Barrows mix chemicals together in their AP Chemistry class. Even though using chemicals was dangerous, they still helped the students understand more about them through experiments.*





# OCEANOGRAPHY

## Students "sea" the world from a new perspective

Students who took Science this year were offered something new: Oceanography. Taking this class gave the students the opportunity to learn about and to study the ocean and other things about the earth. "I really enjoyed learning the different aspects about the ocean," commented Jennifer Ghisolfi. Since there was only one teacher for this course, there wasn't a lot of availability for the students who wanted to take the class. "I'm glad that I got to teach something that the students wanted to learn," said Mr. Michael Dyre. Along with learning the usual topics taught in Earth Science, the students got a chance to study other

subjects having to do with the ocean such as Marine Geology, Chemistry and Physical Oceanography. "It was fun to get to be taught about the many different topics that are not frequently taught in Earth Science and other science classes," said Lora Quinlan.

On the other hand, students who were not able to take the new and exciting class offered at Potomac, went ahead and took the regular science classes this year. In the Biology classes, the students who had never dissected before, got their first chance this year. "It wasn't something I was looking forward to, but I did it anyway," commented Michael Barrett. Students dissected anything from a flower to a fetal pig. In Earth Science classes, students simulated how a creek is formed and studied other geological and environmental aspects of the Earth. — Teresa Lloyd

*Jeremiah Salhberg looks at a slide through a microscope while his partner, Wendy Miller figures out what they have to do next. Science partners were helpful in that they worked together to get their work done.*

*Claire Collins and Heera Khanna work together on an experiment in Biology II. Since there were the two of them working, they were able to help each other understand.*



# Knowledge + Skills =

## Students who excell mathematically at Potomac

Math, played a very important part in most students lives. This modern numerical system was used by students practically everyday. Arithmetic was used as a prerequisite for many classes. Science, business, drafting, and accounting all required basic math skills. Math provided students with a foundation of knowledge that was applicable to many subjects.

Although it may be hard for people to admit; math is a favorite class of many students who attended Potomac. "I like math, but geometry is hard for me. I liked algebra better, because it was a lot easier for me to understand," said Phanneth Keo. Romina Gallo agreed, when she said "Math is hard, but when you get used to it, it gets

a lot easier."

Math is said to be one of the most challenging subjects that there is. A good memory and a logical mind were some of the necessary elements used to excel in math. "I think that math is a really hard subject, but in the future I think it will help you through every day life, even though a lot of it still doesn't make any sense to me," said Tonya Newbanks.

In the beginning, functions, equations, theories, proofs, and fractions, may confuse many people, but somehow in the end it all adds up. — Theresa Weitzel

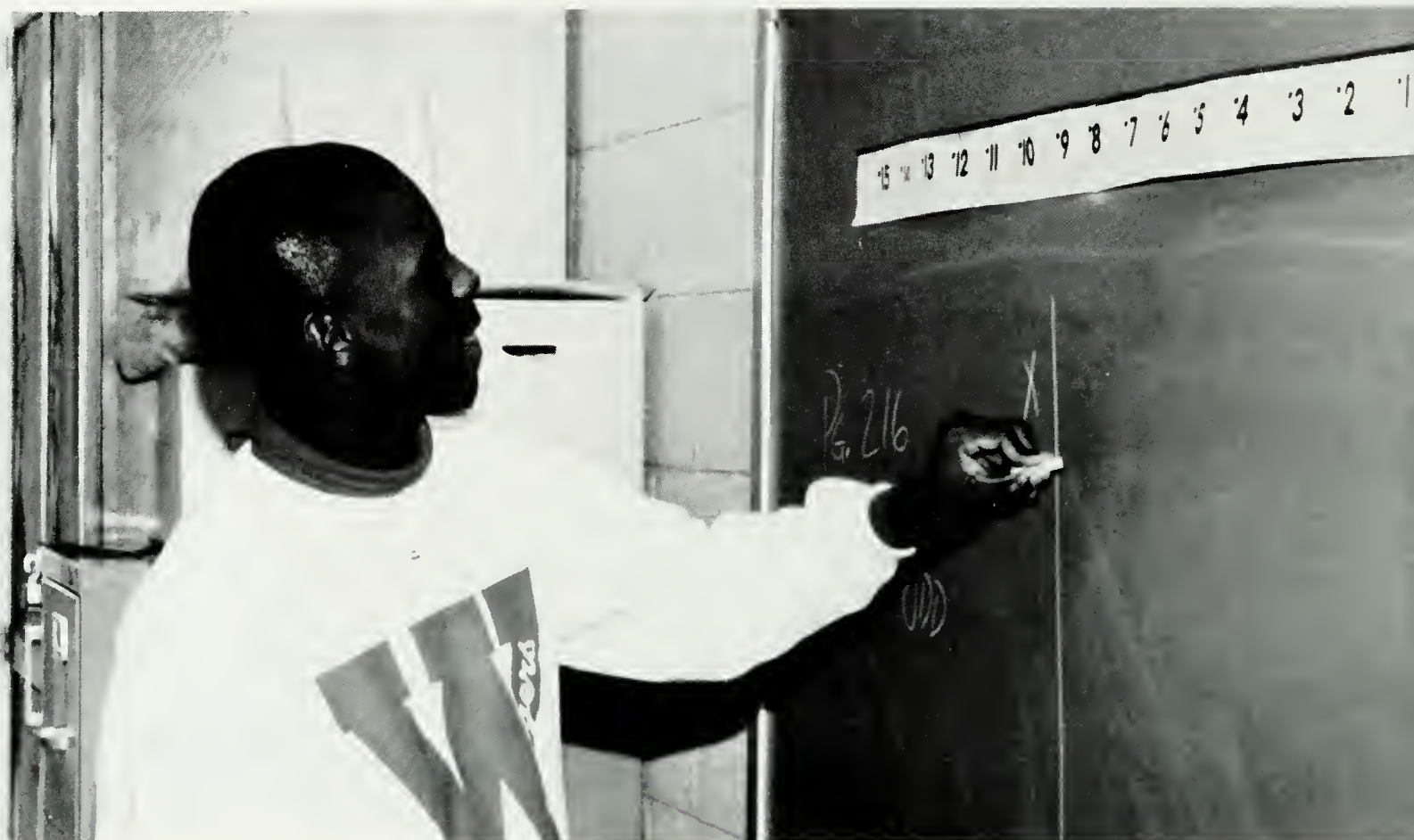
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*Shawn Teague does his homework and works on his math skills while waiting for his math tutor. Tutors from NHS were available after school to help students who were having trouble in academics.*



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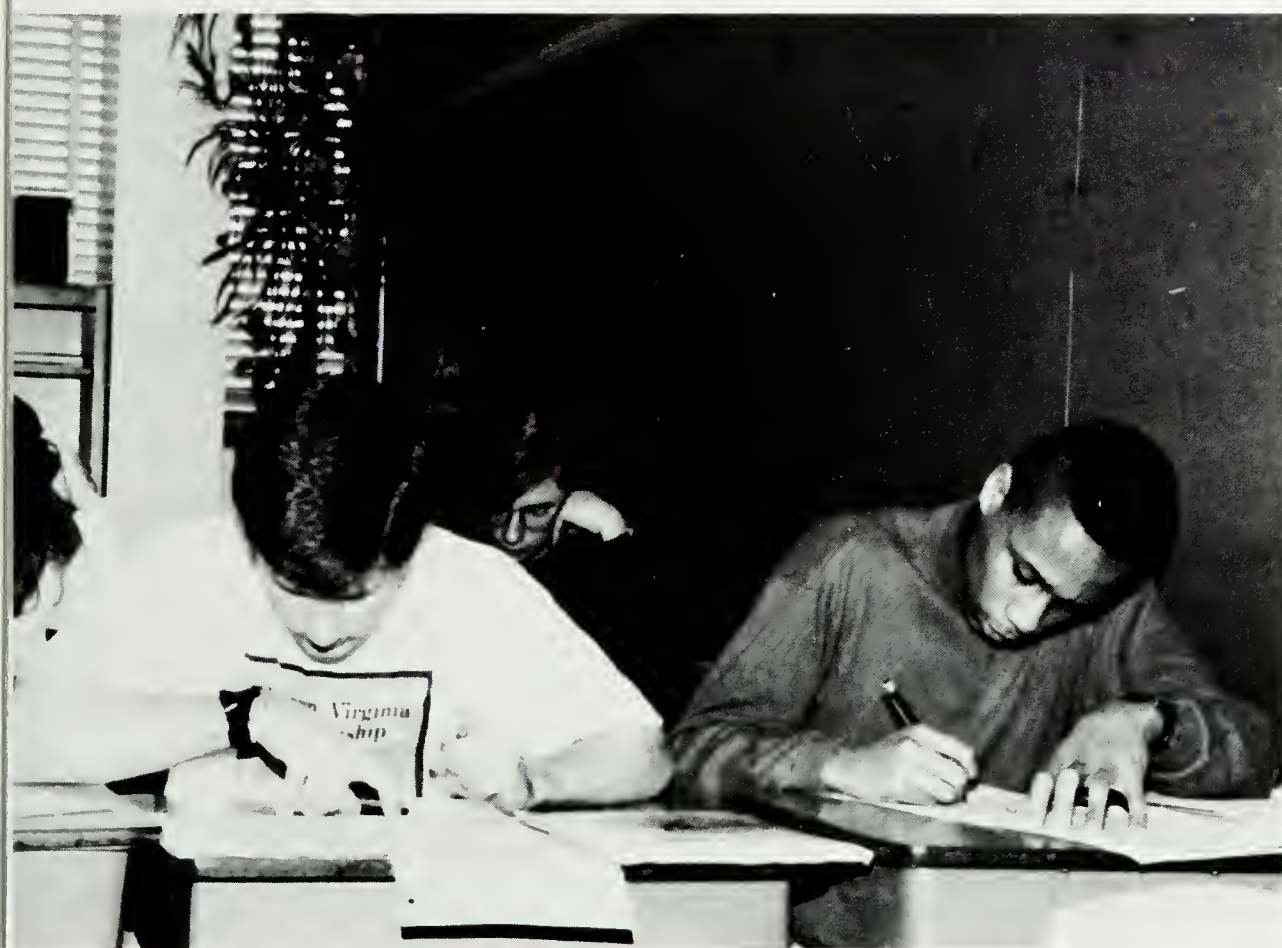
*During his math class, Greg Henley demonstrates his math expertise by teaching fellow classmates how to solve algebra problems. Class participation helped many students learn how to express their own ideas.*







*Phokham lenemanyvong uses a calculator to help her figure out a difficult math problem. Many teachers allowed students to use calculators for assignments, quizzes, and tests to aide them in their learning.*



*Eric Ambler and Stan James practice math problems during class for an upcoming test. One easy way to study for math was to keep doing similar problems until you understood the concept behind them.*

“ I like my math class this year because it has taught me a lot of new ways to solve problems, and even though it's hard sometimes, I still have a lot of fun. ”

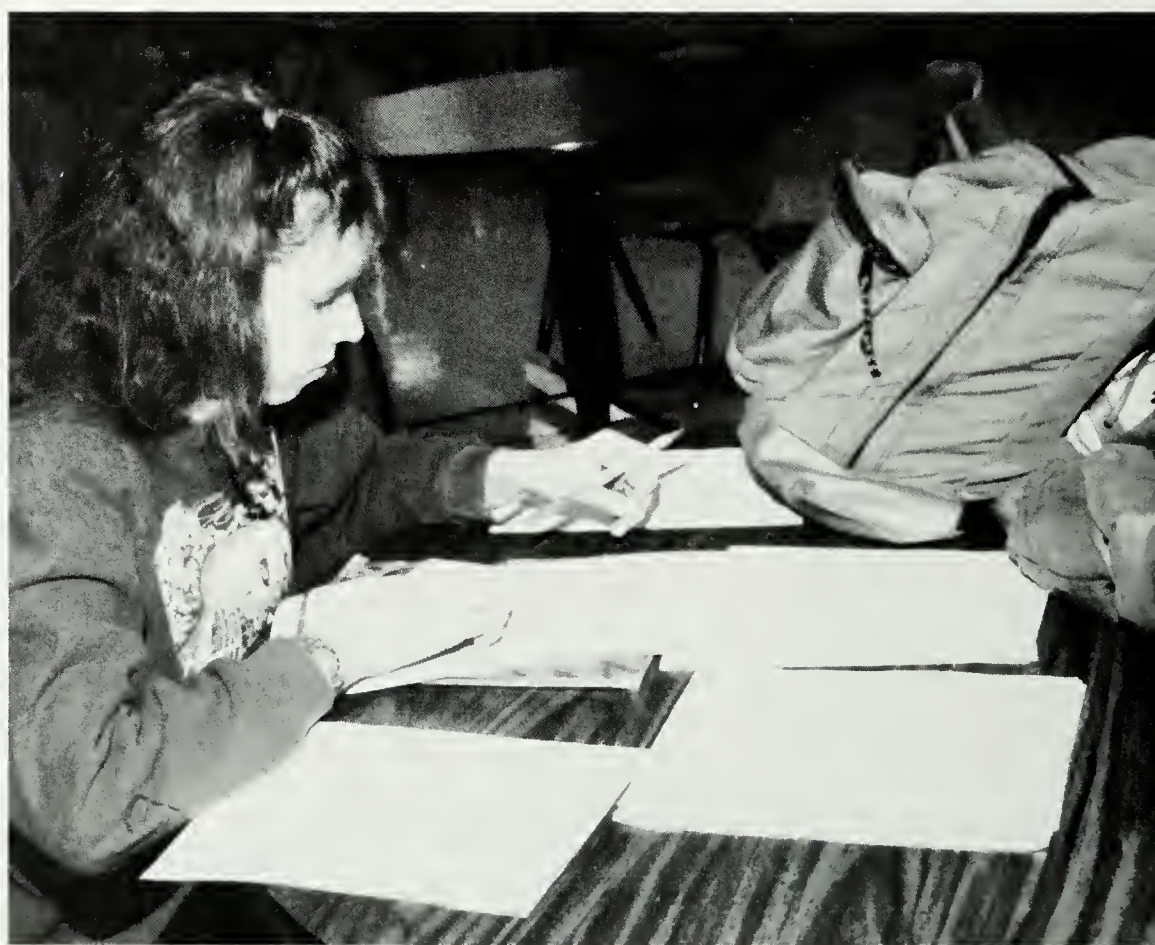
—Tracey Dent





Ryan Bubb and Paul Bielwicz look on as Jim Bubb uses the Microfiche to get newspaper articles for his 1992 Presidential Election project. The mandatory individual projects were worth 315 points of the Seniors' second nine week grades.

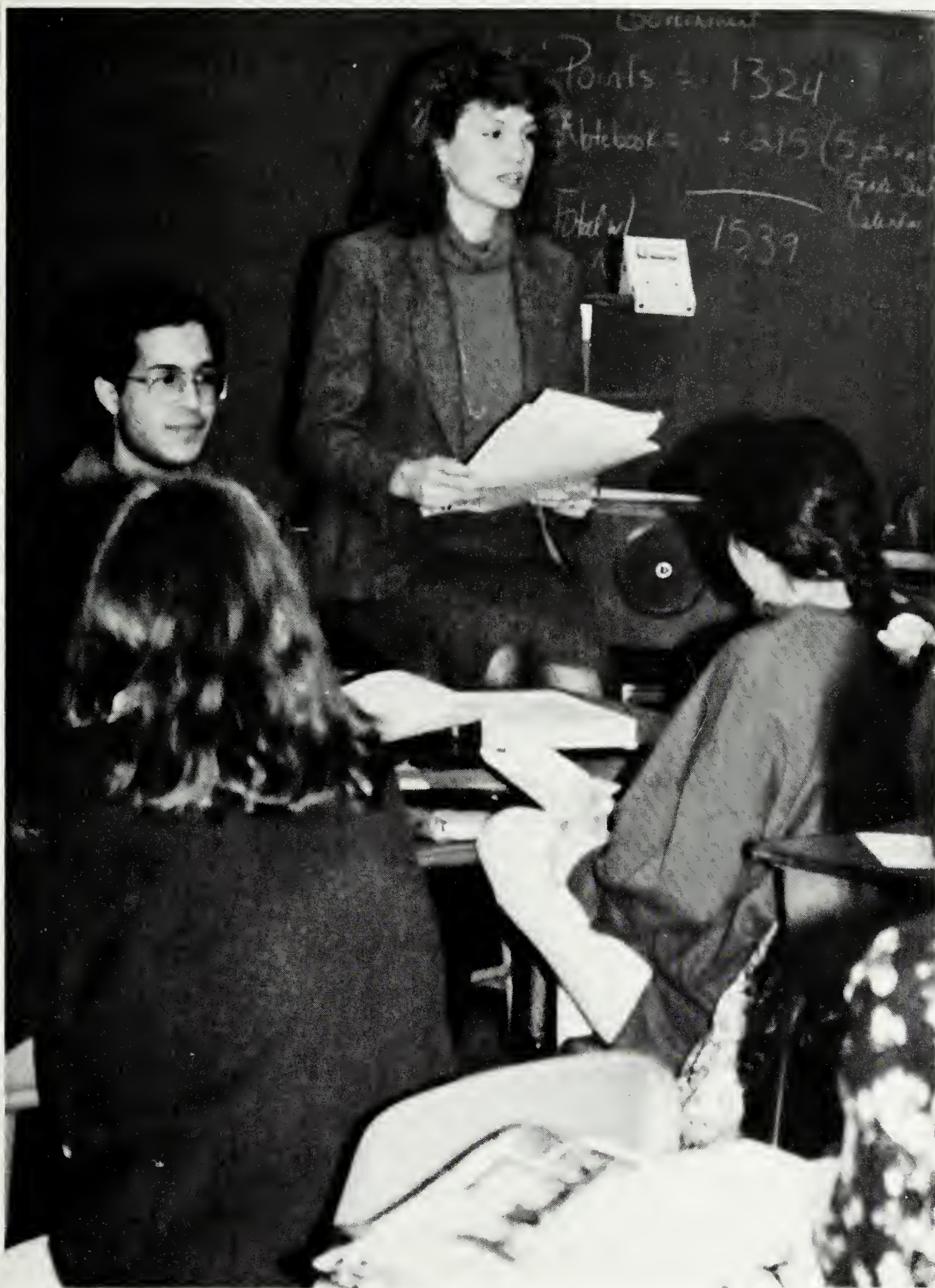
In the library, Michelle Cook works on her Government homework during her lunch break. For Seniors who took Government, completing the homework that was assigned was an absolute must if they wanted to pass.



**“History is one of my favorite subjects. We learn from History so that we don’t make the same mistakes over and over again.”**

**— Amy Bell**





# Blasts From the Past

## Students examine connections between past and present

"History is important so that we as students learn about our forefathers and how they affected the world as it is today," said Tim Singstock.

Added to the in-class lectures and the book work, students of all grades were assigned projects in their history classes. The research projects were a big part of learning. The projects enabled the students to learn to research and work on their own without the guidance from teachers.

The freshman class gave oral reports on the different chapters that they read in their history

books. After reading a chapter the students were required to give 3-7 minute speeches on their research. Sophomores also gave oral reports on the topic of their choice. On a weekly basis, Juniors were required to turn in an essay on the chapter studied that week. Seniors participated in the 1992 Presidential Elections by keeping a log of fliers, newspaper clippings, and research work on the candidates. The project was worth 315 points.

At Potomac our experiences changed everyday as we walked through the hallways of higher learning. As only a few seconds passed we made history.

Today we learned about other people . . . maybe someday students will learn about us.

— Stephanie Vermillion

*Mrs. Beth Conte reviews her first semester exam with her fourth period American Studies II class. Reviewing the exam during class answered most of the students questions about the exam and made studying at home easier for them.*



*Mr. Darren Gravat lectures his Sophomore class about the needs of economics and how they have changed from century to century in America. World Studies taught students about how the past events combined to make the world what it is today.*



# Hola! Bonjour!

## Students challenge themselves with two languages

Comment taillez-vous? Huh? What did she say? For many students the thought of taking one foreign language was scary enough, adding another foreign language to their work load seemed impossible.

Many students who took two foreign languages believe the work wasn't as hard as everyone else believed. "The best thing about taking two foreign languages is that the second language ends up being easier to learn than the first language was," said Alexandria Boucier.

Why did students take more than one foreign language? Some students take two languages because they want to get an advanced diploma. Others take more than one language because they want to learn about different cultures and customs. "I love learning

other languages and cultures. I enjoy having the privilege of getting to learn both French and Spanish," said Samantha Wallachy.

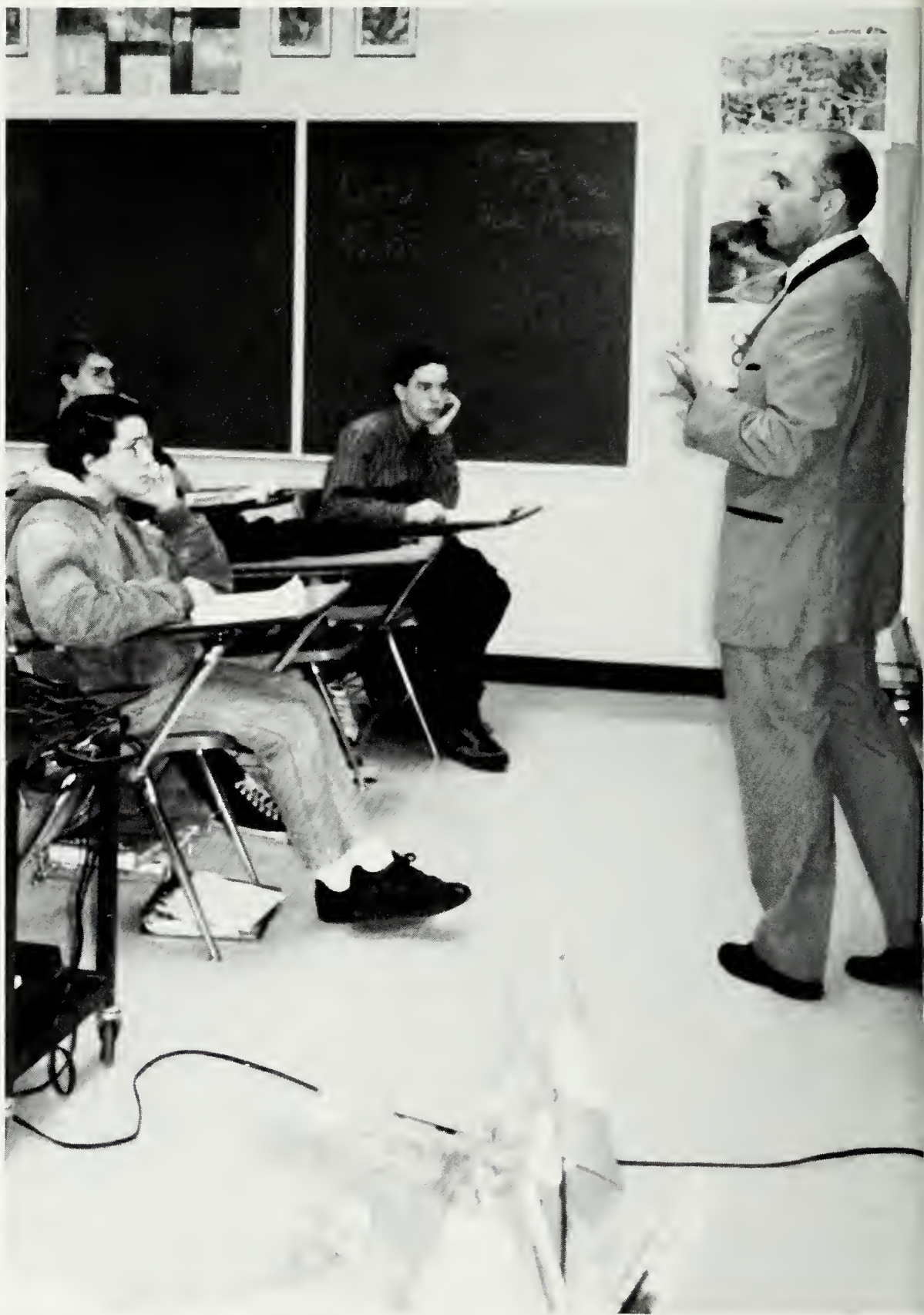
There are also some students who felt taking two languages was a lot harder than expected. "I get so confused sometimes and end up speaking French in German class and German in French class," said Tami Page.

Taking two foreign languages can be very challenging but for those who were brave enough to try it, many felt the results were well worth the effort.

— Kari McCarley

*Students listen as Mr. Morello talks about his life in Austria while he was in the military. Students learned about the differences in culture and customs from their guest speaker's experiences in Austria.*

*Cal Turner works while preparing for exams. Preparing for exams was important and many students felt pressured to do well and keep their grades up.*







*Reyann Littrell and Butch Mahaney enjoy each other's company while eating foreign dishes. During the holiday season, students had the chance to experience the customs of other countries.*



*Caren Tahan, Tami Page, and Mr. Louis Blount talk about the holidays while enjoying some traditional foreign dishes. Many students were surprised to find out how different holiday customs were in other countries.*

“Learning a foreign language helps you learn about different countries.”

— Deanna Durden





**“Vocational Education taught me skills and gave me an opportunity to use and apply them to hands-on situations I will be expected to handle after I get a job in the real world.” — Brian Simpson**

*Mechanical Drawing student Greg Blankenship adjusts his compass to his needs during class. Mechanical Drawing offered a basic introduction to drafting principles and was a prerequisite to the drafting class offered at Potomac.*

*Printing student Ben Jones carefully supervises the run-off of printed materials during class. Safety procedures were taught and stressed in all vocational education classes, due to the danger presented by machines and materials.*





# Vocational Education

## Potomac students learned practical skills

To those who participated, Vocational Education was definitely much more than building birdhouses. In fact, Vocational Education students were really tired of this stereotype. "No one really knows what we actually learn in here," said drafting student Ken Tra, "This stuff will help us get jobs and benefit the economy of the country." Students who stereotype the Vocational subjects and participants draw many of their conclusions from the fact that the Vocational Education hall is secluded away from the other Academic Depart-

ments, behind closed doors in the far end of the school. The seclusion is a necessity due to the noise generated from some machines and the need for ventilation. This usually results in the ignorance of the activities presented in those classes, although the work is comparable to any other subjects offered in the school.

All classes gave each student a chance to learn first hand the requirements employers look for in the job market today. Brian Simpson, who took classes in automobile repairs and automobile painting, said, "These classes will help me to eventually get a job in a field that I enjoy: cars. The things I learned here are practical, and I can apply my knowledge on problems at home."

— Joe Somosky

*During printing class, Ricky Grayson helps tie an apron on for Heera Khanna. Vocational Education gave interested students a chance to work together and learn practical job skills in the specialized vocational class of their choice.*

*Drafting students Daven Loy and Ken Tra (Foreground) work diligently on their assignments during class. Drafting was a popular vocational class and is an important job skill for potential architects, engineers, construction specialists and drafters.*



# Music

## Students strived to stay in tune

Precision, Pride, Poise, Determination. These are all the ingredients that go into building award winning music programs like the ones at Potomac. "Being musically talented has its good and bad moments. It is very competitive and a lot of hard work. It is a big part of my life because it is a way I can express myself and not only bring pleasure to myself, but also to others," said Cally Woolfrey.

Since Director Gary Zolman has taken over the instrumental program, music has come a long way. "The band program has shrunk in size but has grown in effort and ability. I would rather have a small band with no (negative) attitudes than a big band with attitudes," said Mr. Zolman. Within a few years Mr.

Zolman plans on the program increasing in size as a result of putting more emphasis on incoming freshmen.

To some students, music is very precious. "Music to me is something very sacred. It is to be loved or hated. Most often, it is the type that makes people happy," said Chris Rinker. Band, Orchestra, and Choral students at Potomac take music very seriously and will always treasure it. "Music is one of the most special gifts anyone can have. I will keep it with me always," said Suzie Cipra. — Shaun Vunder

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*During an orchestral performance, Jennifer Green looks upon her music. She commented, "Orchestra is very different from wind instruments and are difficult to tune and play, but I enjoy playing the violin."*

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*During woodwind ensemble, Andrea Hayes plays her flute with excitement. Andrea said, "I plan on learning and exploring new and different instruments in the future."*







*Choral group with director Mr. Alan Weberg performs at the winter concert. "The concert was a big success and we plan on keeping it a tradition here at Potomac," he said.*



*Students look upon Mr. Gary Zolman as he speaks about the importance of having everything perfect and in place. "It is very hard to get a nice sound if your instrument is not in perfect order," said Mike Roundtree*





“

*I like Cooking because in class we get to eat the food we prepare and decide if it is good. Most of time, the food is good but once in a while - God Help us!*

”

— Beth Wheeler

*Heather Carver scoops out peanut butter for the cookies she's about to make. Students enjoyed making different foods and eating them at the end of class.*

*Jennifer Burke reads the label on a jar to make sure that she is following the directions properly. Following directions were a necessity because one little mistake could ruin the dessert.*





# The "Women's World"

## Students, male and female, learn life skills

Somewhere down the line students would ponder the question of "When am I going to use this stuff anyway?" But this question would never have to be asked of the class of Home Economics.

"I like Home Economics because I get to learn things that I can actually use. I'll never know if I'll need my math, but I know if I get a hole in my shirt or if I want to make dinner one night, I can do it," said Tina Bickel. Home Economics combined the common sense needed in the "real world" and the creativity needed to make life interesting. As the role of women in our society

changed, some men and women found they shared the important role of homemaker. In Home Economics, skills such as sewing, cooking, and child care were emphasized.

"I never thought that Home Economics could be so much fun. We learn so many different things that I don't learn in my other classes," said Kelly McIntosh. Home Economics taught basic skills which helped students become less dependent on others, more self-confident when making decisions, and better equipped to handle responsibilities. While academic classes prepared students for what may be in their distant future, home economics gave students the chance to learn something they could currently use. — Tracy Adams

*Beth Wheeler takes the cookie dough and places it on the tray. Students found out that they only needed a spoonful of dough to allow the cookie to bake to the right size.*

*During Home Economics students had different jobs they had to do. Students realized the responsibility of child care and sewing, as well as cooking. Students also learned how to handle any mishap, if one should come up.*





# Creativity In Students

## Being creative in art

"Only people who draw well are in that class," or, "It's just a class where people draw." These were examples of some of the statements students made in reference to taking art. These classes were for those who are willing to learn how to use their imagination through producing works of art. No matter how a piece of work turns out, it is a work of art.

Within the classes studios were set up. Studios allowed students to become exposed to working with different forms of art. These included pottery, painting, drawing in perspective, stain glass, and cartoons. Basic, easy-to-follow instructions were given at the beginning of each studio. This allowed students to grasp a handle on the concepts they

were studying. Studios also gave individuals the opportunity to find out what subjects they were strong and weak in. Stacy Goldsmith said, "My hardest subject was cartooning, but the easiest and most enjoyable one was pottery."

Art also allowed students to escape from the pressures of other classes. Allyson Babcock said, "Art was one of my least stressful classes. It was a class I could relax in." Sarmaria Robinson also stated, "I can be more creative in my art class. You're not restricted by any boundaries set up by assignments."

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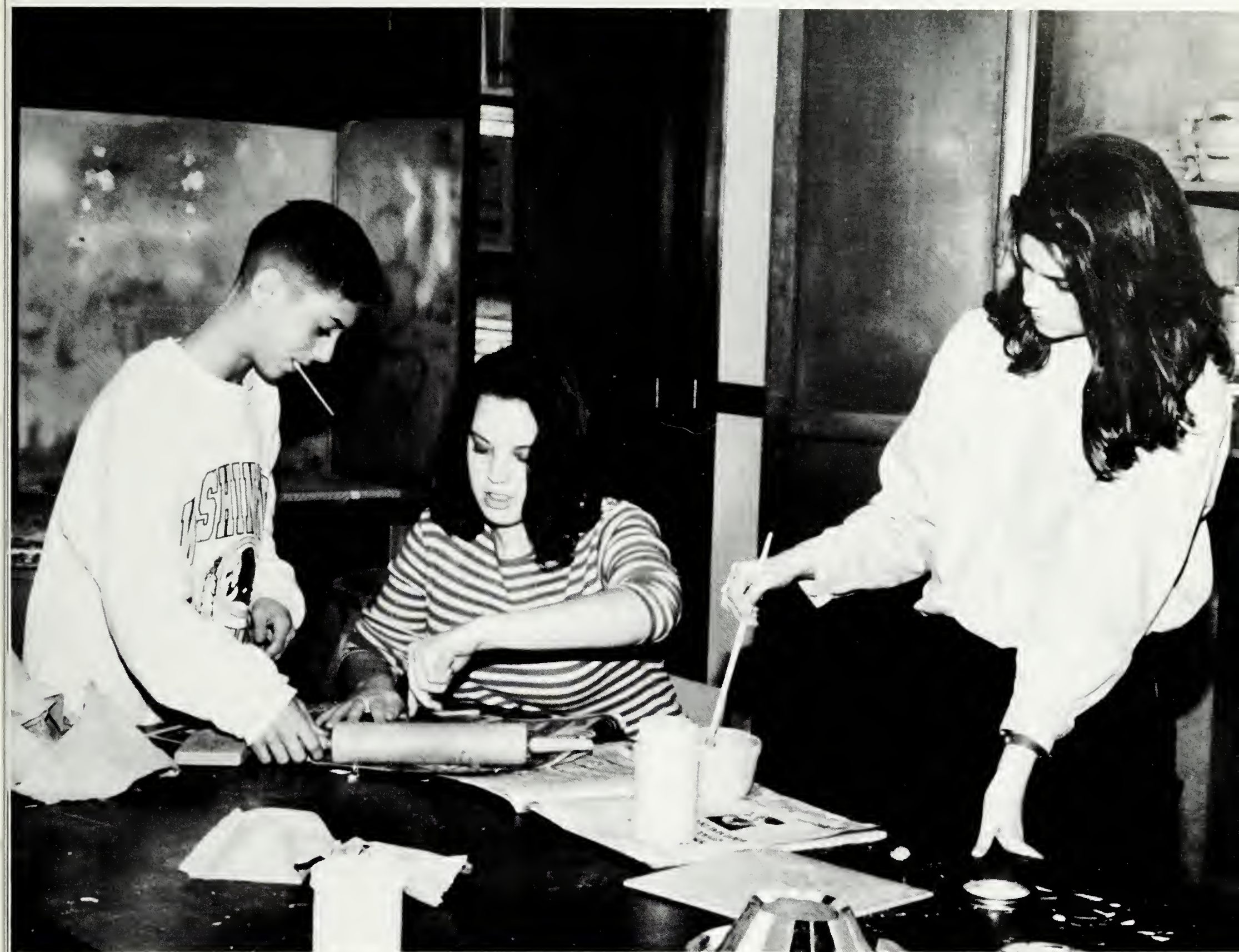
*Michelle Spencer cautiously and carefully glazes her pot in Art class. Glazing was one of the final steps in the process of pottery. It added a unique touch to each piece of work.*

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*Clayton Breeding focuses all his attention on opening his pot on the pottery wheel. The pottery wheel was used to make smooth, round pots. It also provided students with a new way of making pottery.*







*Melissa Harner works on glazing her pottery project, while Amber Jones and Tim Brothers cut slabs of clay for their projects. Clay was used to construct different pots, masks, and molds.*

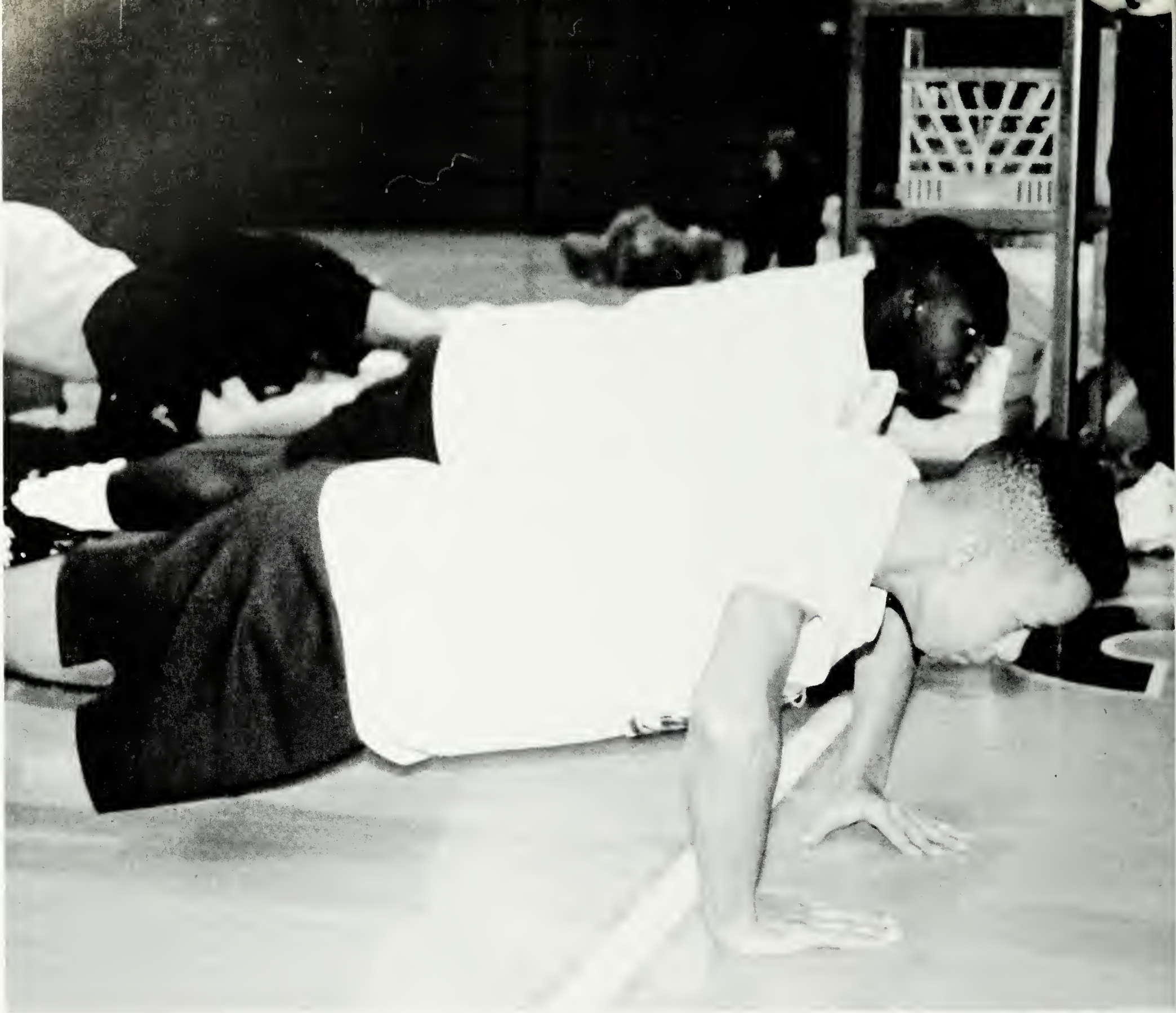
*Kari Phillips and Blythe Bonner work diligently on sculpting faces on busts in art class. Sculpting allowed art students to be creative and they weren't bound by very many restrictions.*

“The very nature of art classes allows the kids to be creative. It allows them to reach out and explore things for themselves.”

- Carolyn Leggett







“I like gym because we get a break during the day. It’s fun jumping rope and playing volleyball.”  
— Re-Re Burns

Kevin Johnson and Dyschonica Aguire do push-ups as a warm-up in gym class. Warm-ups were a must in order to be sure nothing was pulled during an activity.

Mike Costa practices lifting weights during his gym class. Weight lifting was one of the many activities offered. This activity allowed students the experience of working after school, as well as in class, in the weight room.





# STRETCH it out

## Gym is used everyday, not just once in a while

As freshmen and sophomores, students were required to take physical education classes that taught them the proper techniques of fitness. Students participated in different activities like archery, tennis, basketball and volleyball. These activities helped students realize that becoming physically fit took time, effort, and creativity. "Gym helps me stay in shape for cheerleading. I get to workout twice a day. It makes me feel good," said Sarah Rollison.

Students not only learned how to stay in shape by exercising, they were taught basic skills

used in everyday life. These skills were taught during Health class which was held every other three weeks. "I like Health because I actually can use something I learned. I got my CPR card, which says I am certified to help someone if they are unable to breathe or choking," said Tony Prodigalidao.

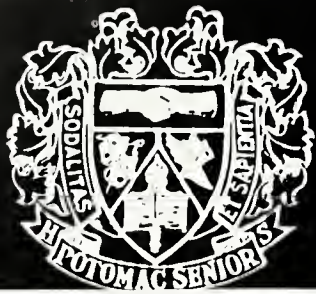
During Health students learned about driving, sex education, and CPR. "I can't wait to start driving. I know that it is a privilege and I don't think I will do anything to get it taken away. Health has prepared me for things I didn't think could ever happen (to me). I would never have known how to change a tire; but if it ever happens, I know I can handle it," said Tracey Dent. — Tracy Adams

*Some of the games that students participated in allowed students to choose which students they wanted on their team. Donny Merrix and Seth Sprague were captains during this particular activity.*

*In gym class students were required to participate in the different activities. Running helped students stretch the muscles they did not reach during the warm-up.*







## SENIORS

Lisa Mosely

The final year. Seniors looked forward to this year for twelve years and it finally came. The class of 1993 spent everyday of their school career anticipating, making goals and giving results of their abilities. Seizing the moment was not only dedicated to school life, but also to activities, such as sports, clubs, part time work, and even catching up on sleep.

The activities going on in students' lives gave them goals to set and responsibilities to meet. These were some of the realistic lessons they would need when they got out of high school. Before their senior year, students joked about how tough it would be out in the "real world;" when their senior year came the jokes ceased and reality chimed. The decisions of college, job opportunities and financial needs were made hastily as students seized the moment.

*Punna Khanna and Rick Brown take a brief moment to talk to each other in lunch. During Spirit Week Seniors dressed up in togas to represent Senior Spirit.*

*Tanya Radeke, Angela Sackett, Kevin Brown, Matt Murphy, and Amy Heywood laugh as they study and eat lunch together. Lunch was not only a place to eat but a place to study and relax.*



What was the most memorable moment of your Senior year ?



“My most memorable moments were when my mom gave me my car and when I got accepted to college, ”  
said Renee Roberts.





*Eric Agustin, Phil Whitney, and Sean Dowling chase after a Stonewall Jackson football player. The Senior players played their hearts out for this was their last season at Potomac.*



“ I’m going

# Aiming High

“In life, a person’s intelligence is not measured by grades or test scores, but by how that person uses his or her resources,” said Vince Tra. The decision seniors were forced to make was just how to use their resources to ensure success after high school.

Seniors like Angela Nester decided that they were best suited for college. “Academically I am preparing for college. I am trying to get a strong basis in science since I want to major in biochemistry.” Jennifer Grey agreed and said, “I have tried to keep my priorities straight and to be successful in dealing with the changes that the future holds. Most important to me right now is graduating and get-

***to be all that I can be - without going into the Army. ”***

**— Matt Burton**

ting into the college of my choice.”

Other students, like Eric McDowell and O’Neil Russell, chose to enter a branch of the military instead of college. “I choose the USAF over college because they offer pay while they train me,” said Eric. O’Neil said, “Among the choices I have to choose from at this point in my life, I find that the armed services provide the most opportunities.”

Chris Clayton based his decision on his own experiences. “My father was in

the military and he educated me about the services. I will have a job, get an education, plus have money in my pocket. Most of the experience I will obtain can be directly applied. I’ve experienced the military way of life firsthand and I like it.”

Whether they chose college, work, or the military, seniors hoped to be successful. Mr. Tom Giska, Potomac’s career counselor, claimed that getting a job out of high school was as difficult as getting accepted into college. And, according to Mr. Giska, even college graduates didn’t have it easy. He said, “Most college graduates are finding it very difficult to get an entry level position.”

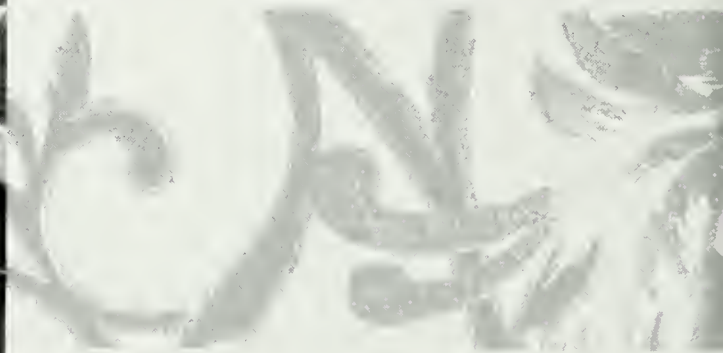
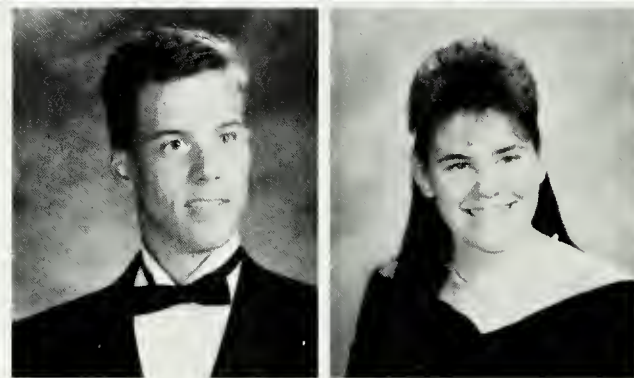
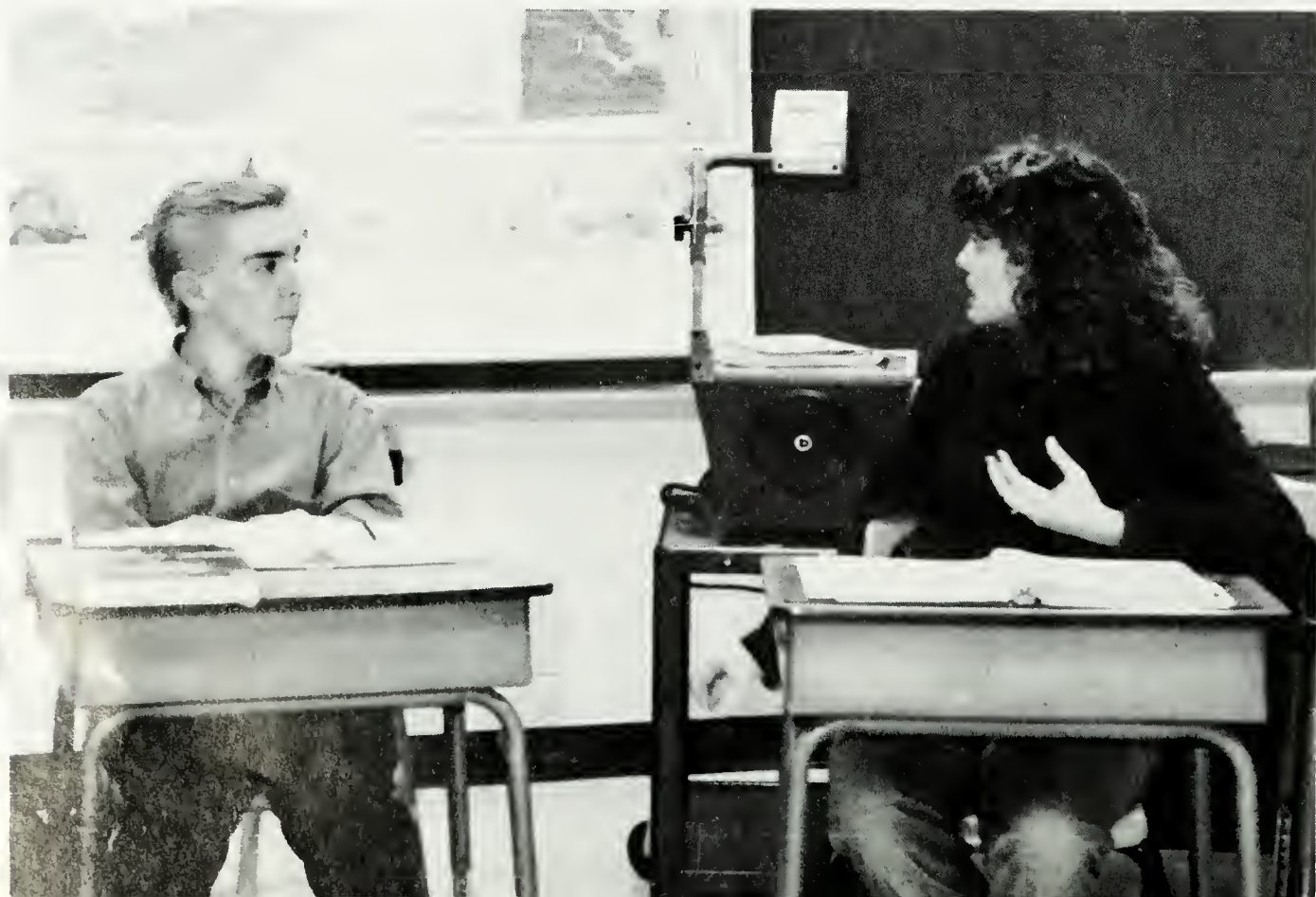
— Shaun Vunder



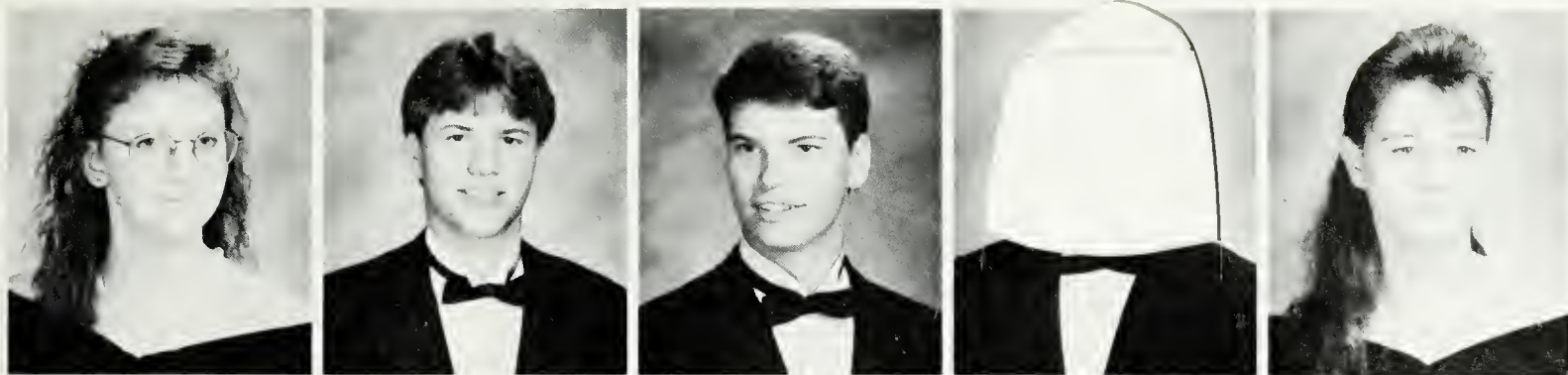
“ ***Success cannot be achieved by just wanting to do something. Being successful also means having the ability to sacrifice and work to achieve your goal. ”***

**— Tim Singstock**

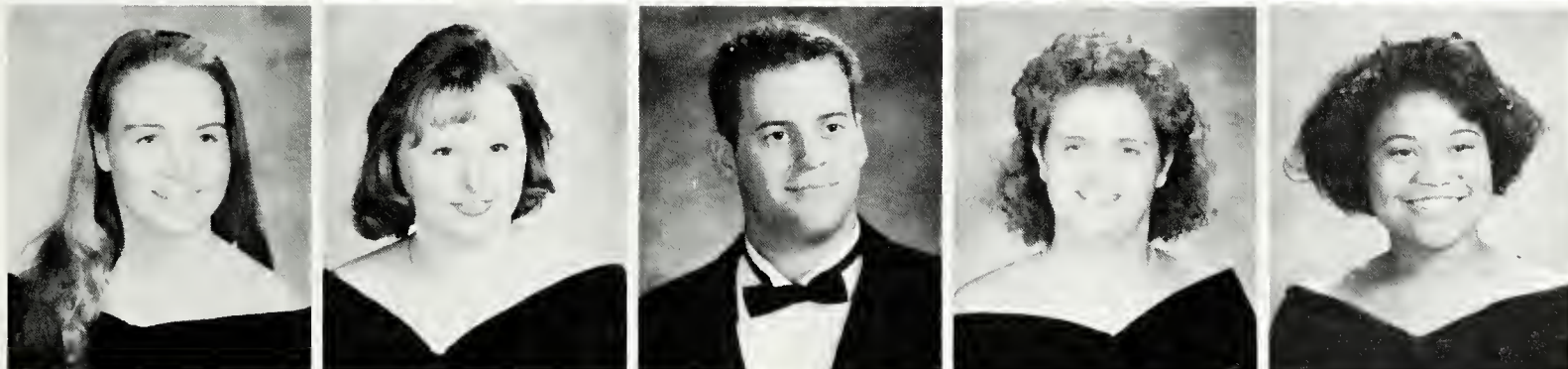
Seniors who wanted to get into the college of their choice had to focus on their academics in order to make the grade. Here, Mrs. Beth Conte prepares Chris Rinker for his college-level history classes by debating issues with him in American Studies II.







Crystal Adams  
Tracy Adams  
Eric Agustin  
Vikki Allen  
Richard Alvey  
Shawn Andrus  
Christopher Anthony  
Kristine Applegate



Marty Armentrout  
Jennifer Arroyo  
Hakeem Atobajaiye  
Allyson Babcock  
Stacy Baber  
Marc Baker  
Dana Bamberger  
Erika Banks



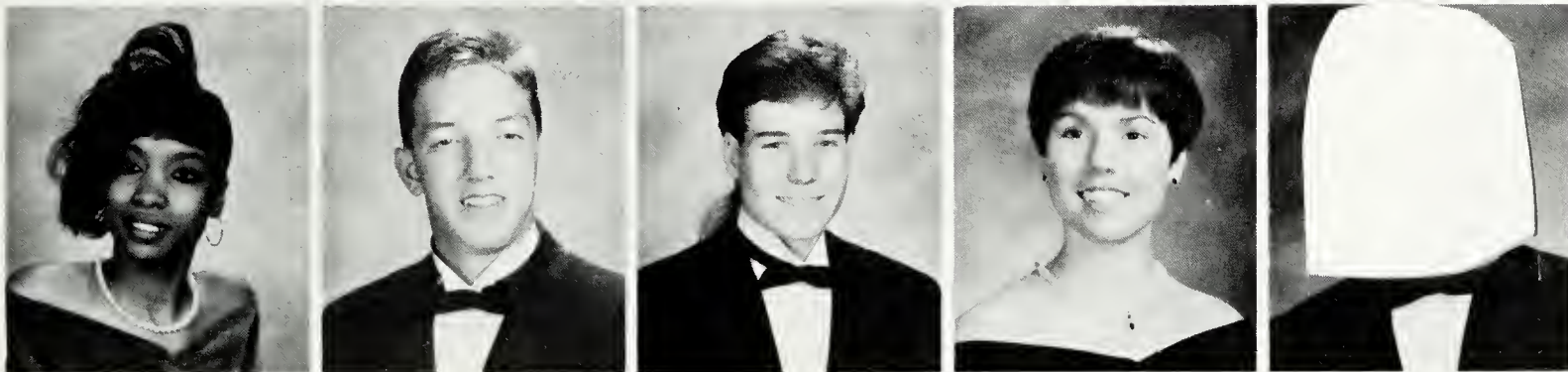
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Gaetano Beato  
William Beckman  
Amy Bell  
Gayla Bell  
Kevin Bell  
Steven Bellamy



Jason Beyer  
Paul Bielewicz  
Gary Blake  
Rachel Blake  
Brent Booker  
Matthew Bowling  
Jason Boyce  
Deborah Boyd



Michael Boyd  
Stephen Boyd  
Connie Boyette  
Katherine Bradshaw  
Beverly Brown  
Kevin Brown  
Richard Brown  
Robin Brown



James Bubb  
Jennifer Burke  
Bernadette Burley  
Michael Burns  
Matthew Burton  
Molly Bushey  
William Bushey



Bridget Byington  
 Matthew Byron  
 Collin Callahan  
 Christopher Canada  
 Matthew Capriglione  
 Heather Carver  
 Tracy Cheatham  
 Jennifer Cherock



Suzanne Cipra  
 Richard Clark  
 Christopher Clayton  
 Kari Collier  
 Claire Collins  
 Melissa Connolly  
 Michelle Cook  
 Tyrone Cooney



Michelle Corah  
 Tara Cristian  
 Sara Cruz  
 Bryan Curtis  
 Alan Danz  
 Debra DeHarde  
 Brady DeHoust  
 Raelyn Deninno



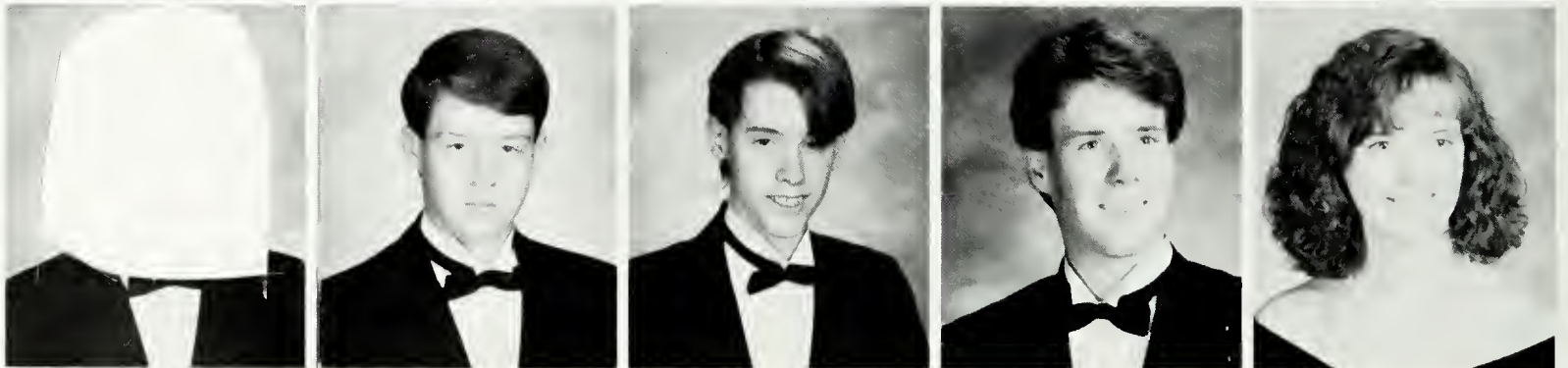
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 John Devito  
 Sara Dix  
 Billy Dixon  
 Tracie Dobbins  
 Bradley Dodds



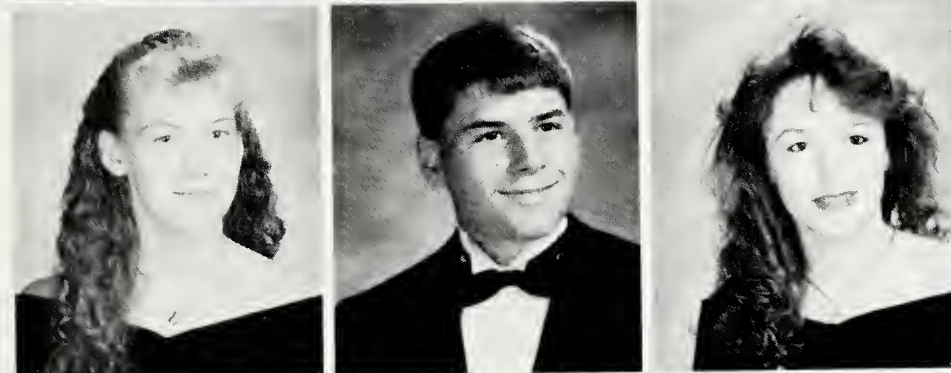
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 Sean Dowling  
 Dawn Duarte  
 Greg Duthie  
 Tamara Dye  
 Meredith Dykes  
 Thomas Edgington



Michael Epke  
 Jason Erie  
 Darin Eskridge  
 Matthew Farron  
 Kris Featherstone  
 Catherine Flaherty  
 Carly Flynn







# “ I think Potomac Recycles

A student walks down the aisle of desks with a piece of paper in hand. In sight is the olive green trash can used on a daily basis by students. Next to it stands a tall, narrow, white box made of cardboard and new to Potomac. On the side of the box were the words "MIXED PAPER-RECYCLING." What decision will she make?

Students at Potomac chose recycling. Boxes for paper collection were placed in almost every classroom in the school. Brooke Banks is one of many students who thought recycling in school was a good idea. She said, "The fact that there are recycling boxes in most classrooms is great start." Cherilyn Swanson said, "I feel we are doing something

*it is good because it can help to prevent pollution and help in recycling."*

**Wong Victor**

good by recycling. It helps others start to recycle at home by setting a good example." Tamra Faran responded, "I think it is a good attempt but not enough. They should have cardboard and plastic bins in the lunchroom, too."

Teachers and staff led the way by using the paper and can recycling boxes placed in administrative offices and in the planning areas. They also reminded students not to use the trash cans for recyclable items. "I didn't realize the

volume of recyclable paper we contributed to the landfills until I noticed how rapidly the recycling boxes filled up," said Ms. Kathleen Collins.

According to custodian Charlotte Crews, recycling decreased her work load. "Recycling makes my job easier in a way. It starts with teachers and students putting papers into the recycling containers. I then tie and gather the recycling bags at the end of the day. Finally the bags are disposed of outside the school in the dispenser." County collection vehicles then emptied the dispensers and delivered the paper to the appropriate collection facilities, where they were recycled.

— Lisa Mosely

Mr. Al DerCarli shows he is politically correct by recycling in one of many bins located throughout the school. Recycling has become an hot issue in recent years and Potomac showed their Panther Pride by keeping their school clean. Students followed their teachers' lead by recycling everything from typing paper to love notes.

*" I think it is good because in the future our children will have to pay for what we do now. Since Potomac is doing this I feel it is helping a great deal."*

— Roy Maupin

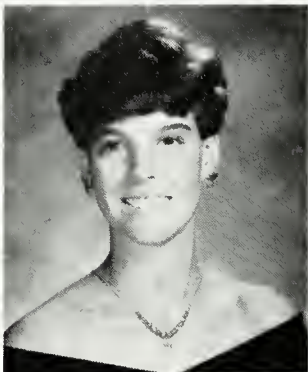




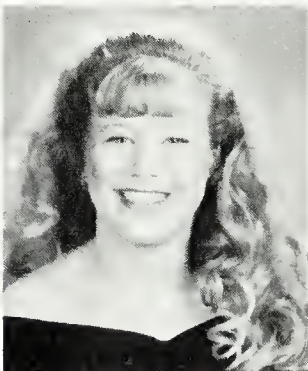
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Sheri Fountain  
Brian Fox  
John Frazer



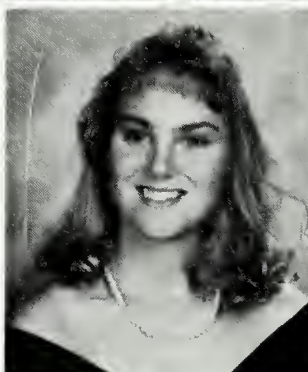
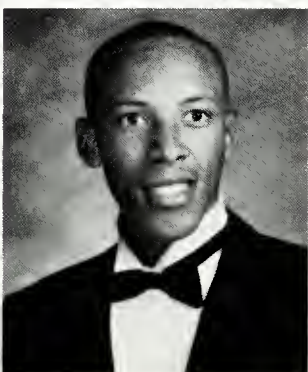
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Crystal Gainey  
Michelle Gammon  
Jeff Gardner  
Anita Gatlin



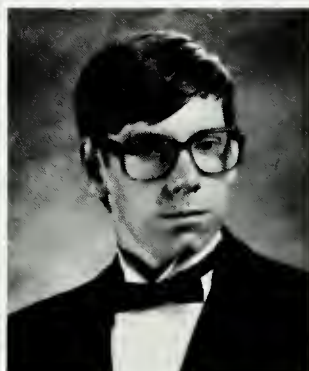
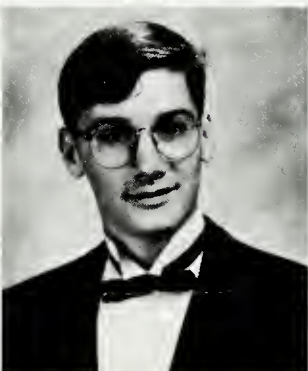
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Sean Glover  
Trisha Gomez  
Brandy Graham



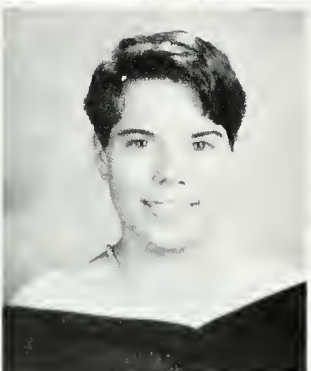
Jennifer Gray  
Rickey Grayson  
James Green  
Elizabeth Greenhalgh  
Candace Griffin



Jimmie Grigsby  
Stephen Grooms  
Chad Grover  
Amy Hall  
Elizabeth Harpster  
George Hall



Kelly Haller  
Eun Ham  
Shana Haring  
Melissa Harper  
Elizabeth Harpster





# The Way We Were

## Don't Remind Me!

Somehow the slightest errors or embarrassments seem huge when you know others are watching, especially when laughter echoes in your ears. Everyone has experienced moments at Potomac that they'd really rather just forget, although knowing this does little to soothe that feeling of being little.

— "I've tripped up the stairs three years in a row now. And each time I tripped I've have fallen. They were all embarrassing moments!" Punna Khanna

— "My most embarrassing moment was during

Freshman orientation. I started the horn section before they were ready." Chris Rinker

— "When I was a freshman, a really big guy was running through the hallway and he bumped into me and I fell on my butt. That is my most embarrassing memory." Amber Phillips

— "My most embarrassing moment happened in the cafeteria. I was drinking my milk when someone was telling me joke. Well, I laughed, and the milk came out of my nose - and hit Mr. Kozskwi!" Matt Lee-Torres  
compiled by Kris Applegate



*Working afterschool Matt Lee-Torres helps out with Yearbook. Yearbook became a club this year which allowed students who did not have room in their schedules to still help out.*









# The Way We Were

## We'll never forget ...

A memory is something special because wherever you go you always have it with you. If someone were to ask you, "What is your best high school memory?" what would you say?

— "The Band's trip to Europe is my best memory because I learned that music is the universal language. I learned that through different languages, music sometimes breaks the barrier." Gwen Sarker

— "Being accepted as a Pantherette is my best memory because I achieved something I

wanted." Carrie Caplanis — "My happiest memories of high school are from the crew regattas in Philadelphia. People from all over the country were there. We met new people and had lots of fun." Micah Sauntry

— "You've heard about all those horrible Homecoming dates? Well, mine was a memorable one. I got to drive and everything went smoothly." Eric Agustín

— "A memorable time was one night when I was with all my friends and it was rainy and dark. We ate marshmallows with

the light of our flashlights. It was something unique to do." Tara Christian

— "The State Championship football game was my most memorable moment because watching Potomac compete while sitting with the marching band was an incredible experience." Suzie Cipra

— "My favorite high school memory is meeting Mr. Stearn and going with him to the State Track Finals, where I took fourth place." Doug Haynsworth

compiled by Kris Applegate



During the bonfire, Seniors prepared for their skit. This was the first year Potomac performed skits, instead of decorating the halls. This was a way for the students to show their spirit.



As the Seniors walk around the track, they yell and scream for their float. During Spirit Week, Seniors made a clean sweep in all the activities. Seniors showed their spirit by participating in homecoming.

After a football game, Mandy Lake and her friends hang out at Friendly's. Students often found themselves running into teachers. Mr. Frank Higgins showed Mandy and her friends a magic trick that amazed them.

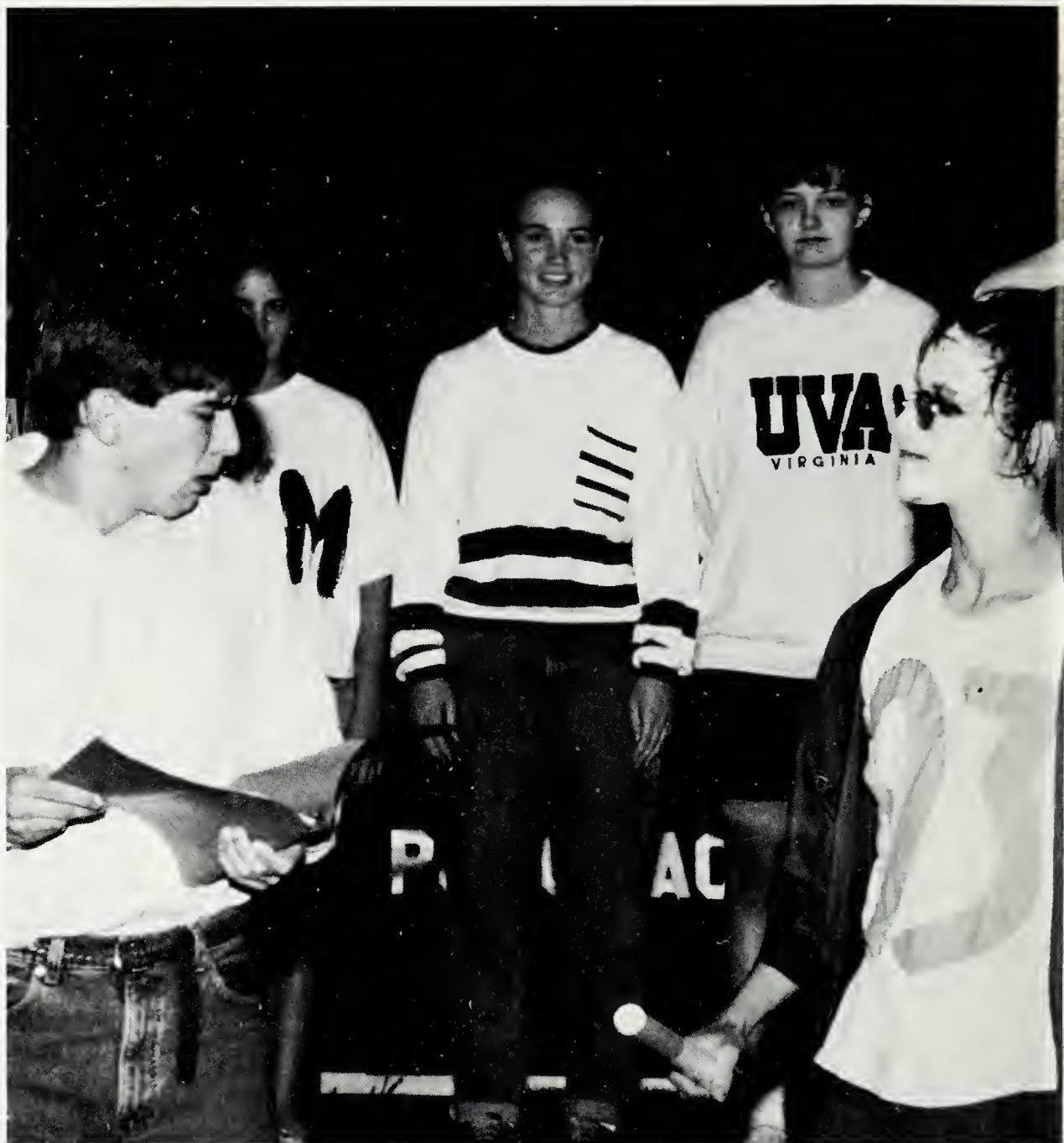


During the Mock Election, Gary Blake, Jeff Hootselle, and Collin Callahan look at a pamphlet on President Bush. Seniors went to the Mock Election for a project that they were given in Government.



Chris Hobbs, Brent Booker and Tyrone Cooney show the mighty Senior power by wearing togas and blue and white faces. In all weather conditions, the Seniors came out and supported their Panthers.

Regan Wynne, Patrick Keith, Kristen Featherstone and Allison Babcock displayed their school spirit in their play "The Spirit of Potomac." The Seniors were voted most spirited class during Spirit Week.



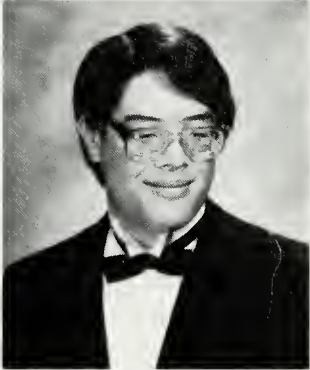
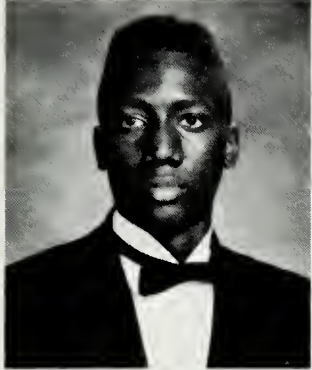
Enjoying lunch. Tanya Radeke and Matt Murphy sit and talk. Seniors enjoyed lunch because it gave them a time to see friends they didn't have classes with and it also allowed them a break during the day.



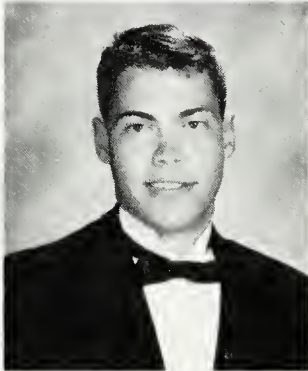
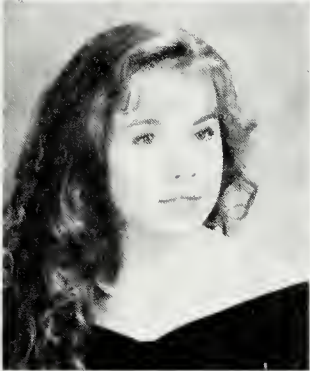
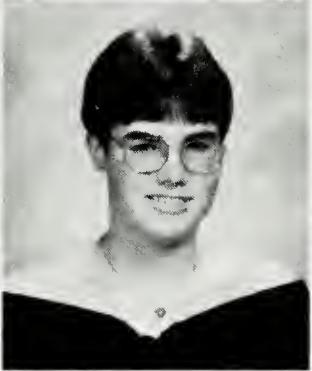
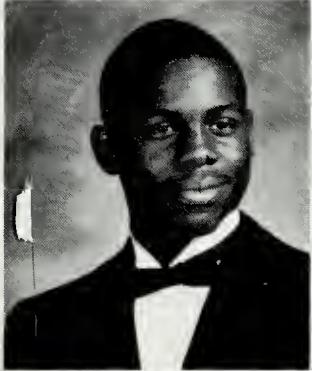




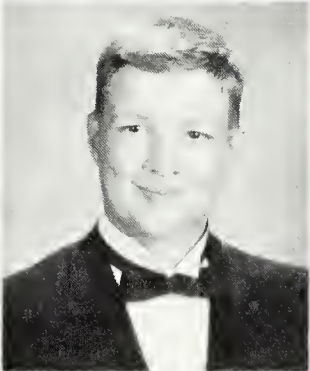
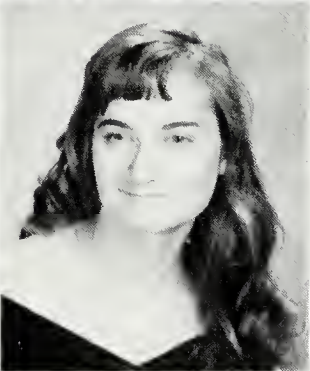
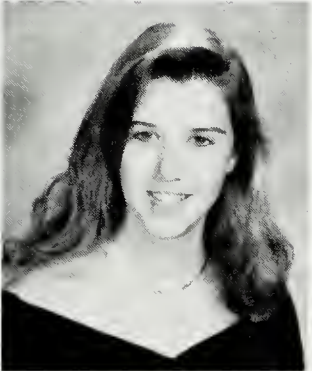
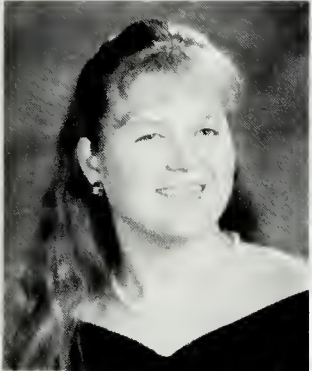
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Jennifer Hayden



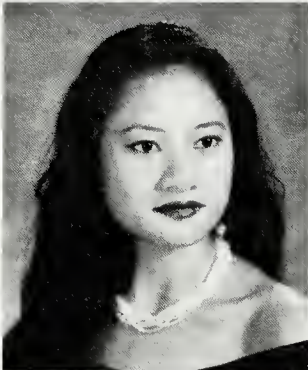
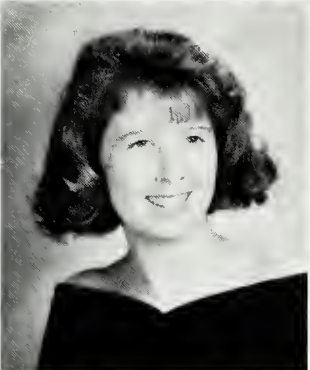
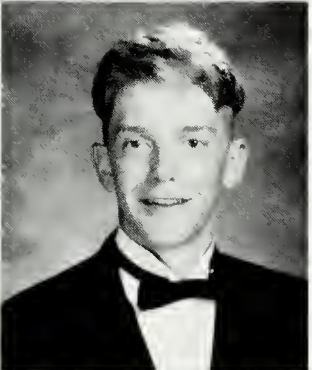
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Sean Heaton  
Wendy Heck  
Shelley Henkell



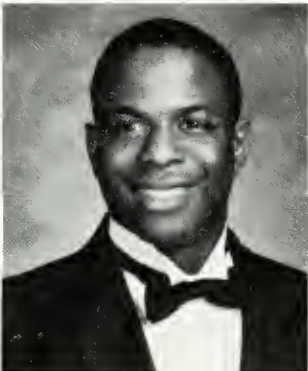
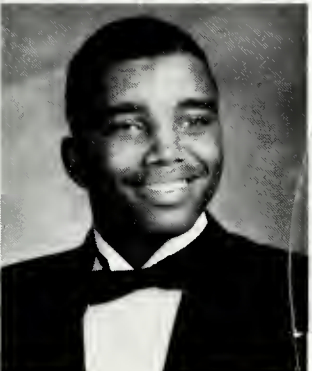
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Stefanie Hipple  
Eileen Hjelm  
Christopher Hobbs



Gretchen Hodges  
Melody Holley  
Christine Holloway  
Jeffery Hootselle  
David Howard



Demetria Howard  
Mike Howard  
Melanie Hunnell  
Christynia Hunter  
Phokam Ienemanyong



Melissa Jack  
Richard Jefferson  
Brenda Johnson  
Benjamin Jones  
Eric Juggins



# Wedded Bliss

Almost every senior has been in love, but are they really ready to get married? Students in Mrs. Wanda Higgins' sociology class found out when she paired them off and held "marriage ceremonies" in class. The ceremonies were just one part of a class project intended to show the seniors the realistic side of marriage.

One of the realistic aspects of marriage that students learned about was the planning of a wedding and reception. Students gathered estimates on tuxedo rentals, dresses, catering services, floral arrangements, and

***that you can't 'earn and spend,' you have to earn and save. 99***  
— **Mandi Marcopulos**

wedding rings. O'Neil Russell said, "The project was very educational and helped me realize how much a wedding would cost. After this project, I don't think I'll be getting married for a long time." Even though there was no limit to how much they could spend, the students still had to keep track of what they spent.

After the ceremony, students and their spouses had to

work out a plan for sharing household chores and responsibilities. "The project dawned on me the responsibilities and tasks that need to be completed in order to keep a family together. I learned that in the 'new breed' of family, there is no traditional woman's role or man's role: both spouses work together to make the household succeed as a unit." said Elizabeth Greenhalgh.

"After completing this project, all I know is that I don't want to grow up; it's too expensive!" said Stephanie Vermillion. — Matt Lee-Torres and Kris-Applegate

*Students in Mrs. Higgins' 6th period class "tie the knot" in an effort to learn about the realities of marriage and adulthood. Mrs. Higgins played a recording of "The Wedding March" while student couples entered her room, arm-in-arm. Students had the option of writing their own vows, but most chose not to.*

***99 This experience showed the reality of 'wedded bliss.' It opened my eyes to new things and made me realize how important a wedding can be. 99***  
— **Cynthia Pagan**







Alexis Katsarelis  
Patrick Keith  
Scott Keith  
Michelle Kell  
Joseph Kettering  
Heera Khanna  
Moti Khanna  
Punna Khanna

Kimberly Kline  
Daniel Klotz  
Robert Knaupp  
Ronald Korzen  
John Kraft  
Melissa Krass  
Daniel Kreiler  
Tanya Lacey

Heather Lamberton  
Simone Lamy  
Daniel Larrabee  
Eric Lashbaugh  
Lesile Latimore  
Wilson Lee  
You Lee  
Matthew Lee-Torres

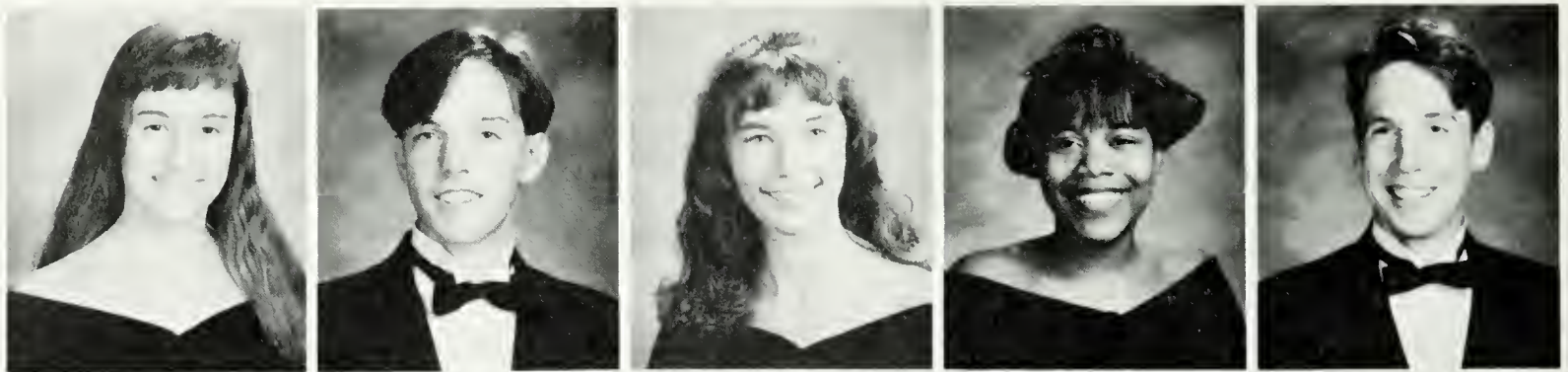
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Sean Lublin  
Andrea Macklin  
Glenn Macinlay

Merin Magill  
Courtney Manuel  
Christopher Marbaker  
Robert Marbaker  
Amanda Marcopulos  
Adam Marcum  
Brandalyn Marks  
Michael Mathern

Jennifer McCain  
Timothy McCallister  
Kevin McDonald  
Eric McDowell  
Talibah McGriff  
Steven McHugh  
Ann McNamara



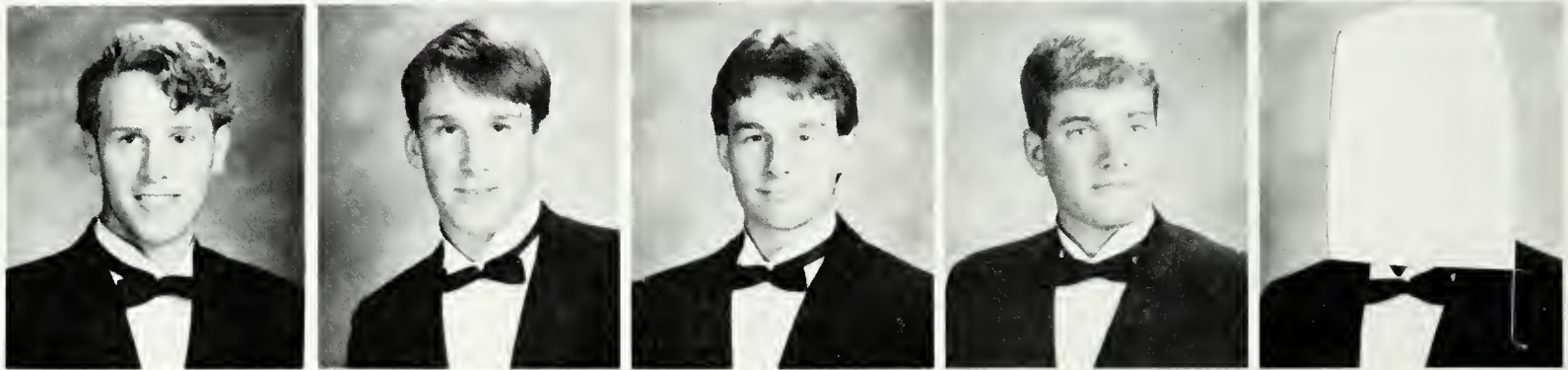
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Wendy Miller  
Lakisha Minter  
Joshua Morrow  
Kara Moresman  
Dorlisa Mosley  
William Moss



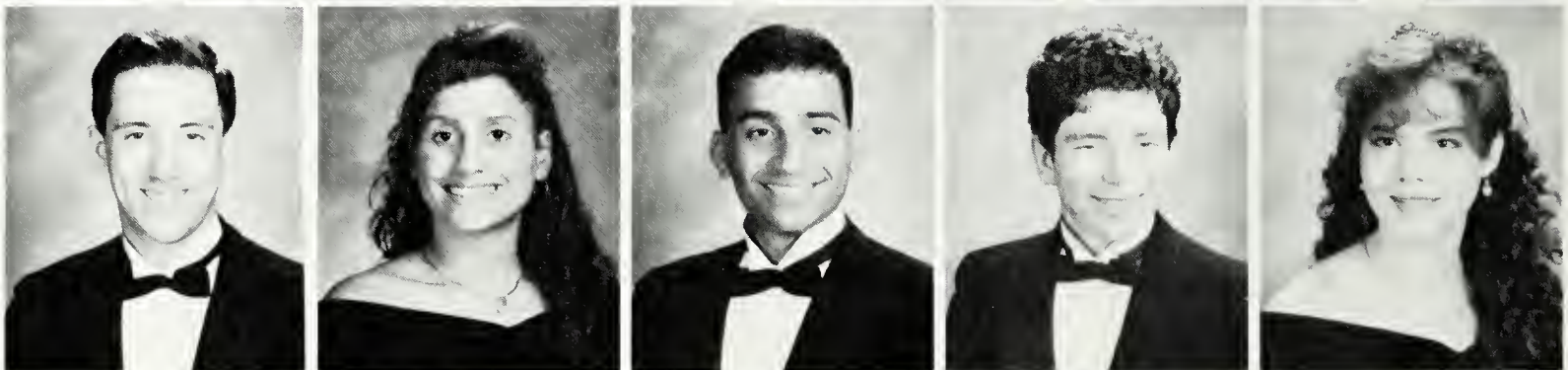
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Matthew Murphy  
Erik Myers  
Victoria Nelson  
Angela Nester  
Tonya Newbanks  
Binhgiang Nguyen  
Kathryn Nieves



Spencer Nix  
Thomas Noto  
Ronald Novak  
Eric Novotny  
Michael O'Brien  
Tara O'Brien  
Heather Oldham  
Deborah Osborne



Robert Owen  
Cynthia Pagan  
Jose Pagan  
Edward Palmer  
Jessica Parr  
Mark Parson  
Amanda Patton  
Mark Pavlick



Tina Payne  
Robert Penn  
Stacy Pepling  
Jared Perrault  
Amber Phillips  
Kari Phillips  
Patricka Piccoli  
Sandra Piper



Irene Porto  
Stephen Powers  
Ian Prymak  
Lora Quinlan  
Tanya Radeke  
Timothy Reagan  
Catrina Rice





# Voicing Opinions

Silence filled the auditorium as the candidates took their seats on stage. After the Women's Beauty Shop Quartet performed "The Battle Hymn of the Republic," Potomac's third mock election began.

The mock election was the culmination of an "Election '92" project assigned in senior Government classes. To gain credit for the project, seniors watched the Presidential debates and volunteered to work at a campaign office, polling station, or television station. They also designed buttons, posters, and flyers to support their favorite candidate at the mock election.

Each Presidential and Congressional candidate was represented by a student, and each stu-

***be a pretty good president if he can stick to what he promised. ♪ ♪***  
— **Matt Lee-Torres**

dent representative had a few minutes to summarize the candidates views on issues like the economy, health care, and education. After listening to the candidates speeches, students and their parents cast their votes.

Incumbent George Bush, represented by Tom Edgington, won the mock election with over 100 votes. Independent candidate Ross Perot, represented by Scott Thompson, finished second with 95 votes. Despite a strong speech by Tara Brian, Democratic candidate Bill

Clinton garnered only 90 votes.

The National Election, however, yielded different results. "I am just glad that Bill Clinton won the real election," said Christyna Hunter. Jackie Christian agreed, and said, "Bill Clinton will be one of the best Presidents we've ever had because he's enthusiastic about what he's doing, he's committed to his work, and he strives for the best."

The mock election served to focus student attention and interest on its national counterpart. Scott Thompson said, "I learned how elections really work." Ms. Charlotte Stultz said, "There was a lot of student interest." - Kari McCarley and Kirsten Heffner

*Just prior to the start of the mock election, Susan Blanton, Dave Caramonica, and Kenric Russell discuss their choices for President. The mock election was held October 28, 1992, in order to parallel the National Election. One crucial difference was that mock election voters elected George Bush to a second term.*

***♪ ♪ I liked the Bush-Quayle ticket because during the campaign Bush presented a better plan, part of which states that the Federal Government should have less power. ♪ ♪***

— **Richard Smith**





# Survival At Last

"I was excited about becoming a senior, but I was mostly scared. This is our last year feeling like kids. We're going into the real world now," said Scott Keith. The freshman of 1989 had ideas and hopes for their senior year, but never knew what was really going to happen. "When I was a freshman I couldn't wait to be at the top of the school and have things like senior skip day," said Greg Henley.

Three years later, the same people walked down the same hall with a new self-confidence and a feeling of superiority. No worry or anxiety showed on their faces, only the relief and happiness of finally being seniors. Those three years had paid off. "A senior is like a

*like a level of power-it is understood by all and never questioned.* ◊◊  
— **Angela Stanley.**

level of power. The cool thing is that it is understood and never questioned by underclassmen," said Angela Stanley. "It is our last year to fool around before being thrown out into the real world," said Tony Steele. There was only one thing to worry about - THE FUTURE.

Planning for the future posed big problems for seniors like Courtney Manuel. "Filling out college applications was really time consuming and stressful but it paid off in the end," said Courtney.

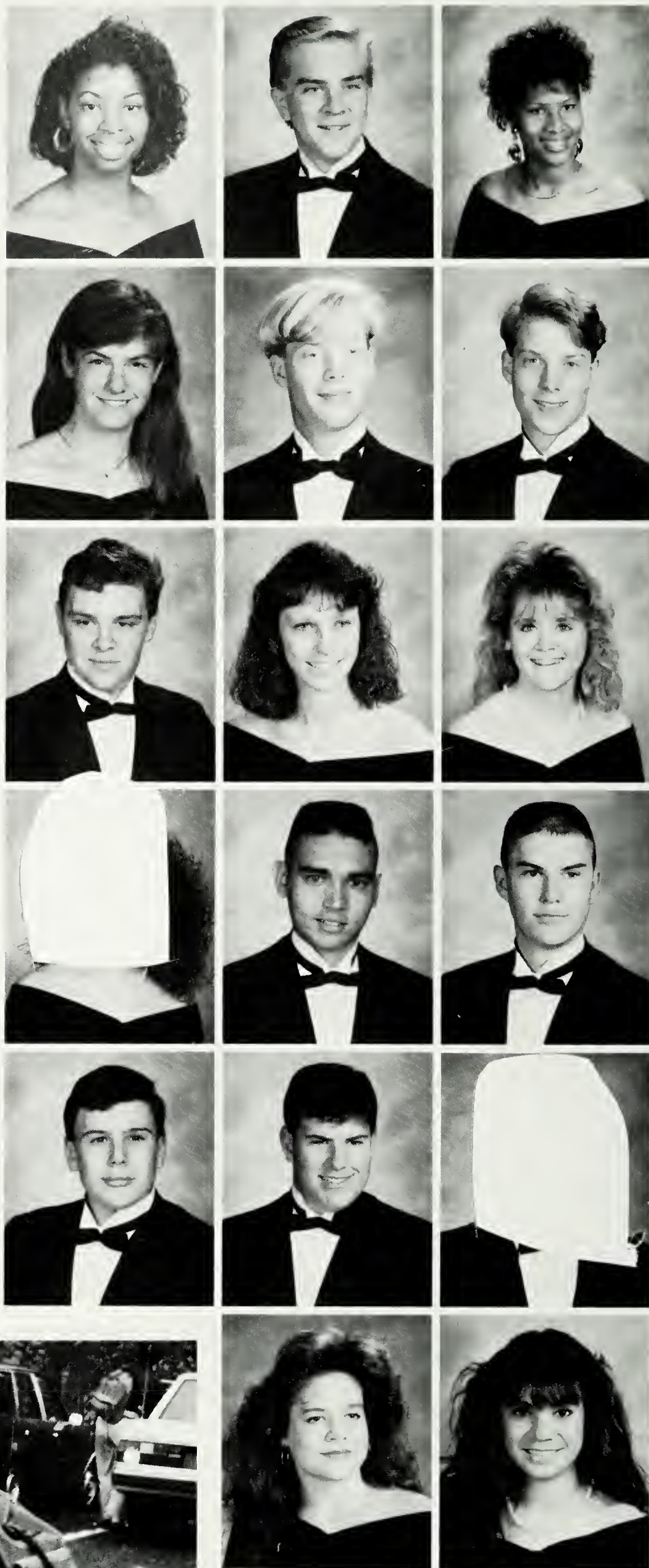
Students looked forward to getting out of high school; but what they were going to do when they got out? "I'm anticipating on going to college — to get away from my parents," said Melody Holley smiling. "I'm going to do both: work and go to college part-time," said John Gregory.

When the end of the year came there was both happiness and sorrow. The Class of '93 left all of their experiences that helped them grow and cope with life's ups and downs. Seniors realized that this was their last year, this was the time to make it the best. "We survived ... survived school and survived growing up," said Eddie Palmer. — Steph-Vermillion

◊◊ *The reality of being a senior didn't really hit me until the stress of applying to colleges forced me to acknowledge that high school would soon be over.* ◊◊

— **Lisa Mosely**

*For seniors like Stefanie Hipple, part of being a senior was an affliction known as "senioritis," which made students want to graduate from school while it simultaneously kept them painfully aware of how rapidly their year was ending. To help her deal with this, Stefanie's friends decorated her car for her eighteenth birthday.*







Lakisha Ridely  
Christopher Rinker  
Renee Roberts  
Ashley Rogers  
Melanie Rogers  
Rachel Rogers  
Matthew Rossi  
Paul Ruecker

Renee Ruffing  
Lee Rumley  
William Rumley  
O'Neil Russell  
Angela Sackett  
Jeremiah Sahleberg  
Robert Satchell  
Micah Sauntry

James Schleis  
Jennifer Scudamore  
Tabitha Sessions  
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Brian Simpson  
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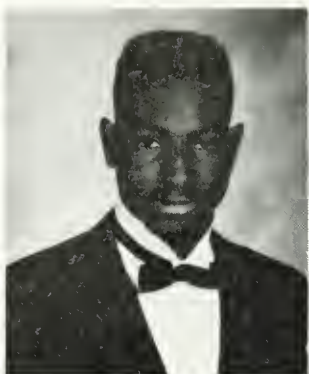
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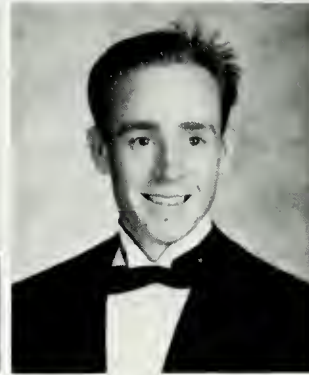
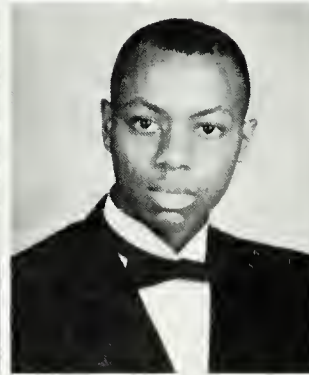
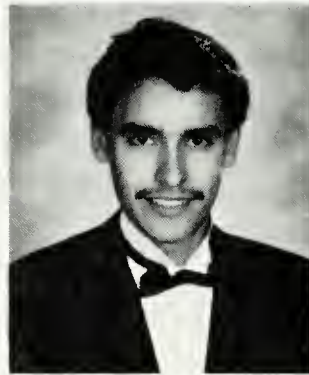
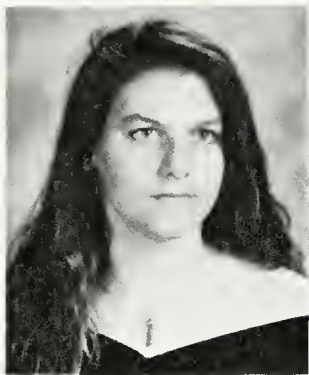
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Stacie Tarbet  
Carrie Taylor  
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Delfa Telleria  
Michael Terrazas



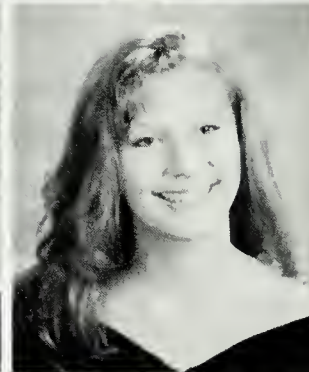
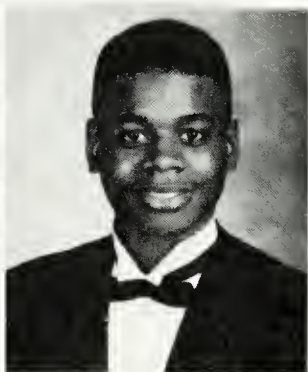
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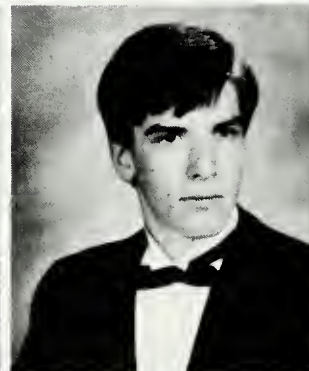
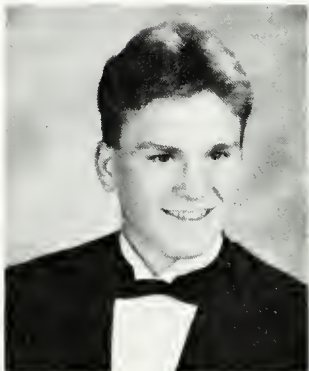
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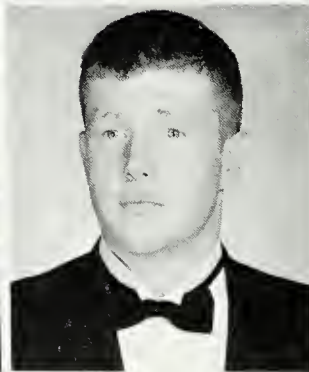
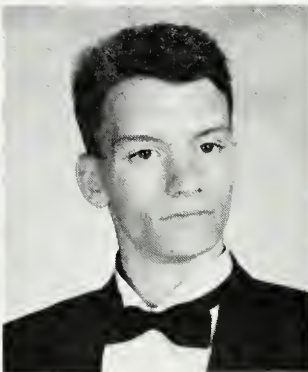
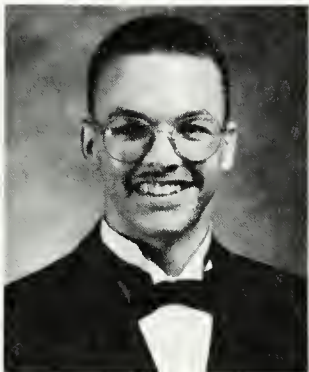
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 Cally Wollfrey  
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 Regan Wynne  
 John Yaksima  
 Andrew Years  
 Matthew Yohey  
 Jeffery Young



Shannon Young  
 Cliff Kreiler  
 Chris Shanks





# Fun in the Sun

Every June students across the country get out of school for summer break. And every September, whether they're in elementary school or graduate school, students return to the classroom. But how did they spend their two and a half months of homework-free time?

Family activities and vacations figured prominently in the plans of students like Angela Brodie and Alisha Murphy. Angela said, "I went to my grandmother's house and got a whole bunch of clothes. We had a lot of fun together." Alisha added, "I went home to New York and had a surprise block party for my fifteenth birthday. My aunts and my cousins threw it for me." Andrew Chat-

**forward to summer vacation during the whole school year. ”**

**— Michael Beall**

man said, "I went to Florida and Alabama to visit relatives. I had a nice time because I wasn't bored."

Brian Bann found that Virginia had its share of exciting summertime activities to offer. Brian said, "I went to Chincateague Island and swam in the ocean." Heather Bumler added, "This summer I went to Williamsburg. It was a great learning experience. I loved walking around and seeing all the old towns and houses."

April Palmer's plans didn't turn out

quite so well. "My mother, brother, and I went to visit my mother's friend. On the way back the transmission fell out! We had to have our next-door-neighbor pick us up in his wrecker, and we didn't get home 'til midnight!" Cindi Dominy also experienced a less-than-perfect vacation on her trip to New York. She said, "It was freezing cold in August, and I didn't like the food. But all-in-all, I had fun because my family did a lot of activities together."

Tabitha Fincham's favorite summertime memory, on the other hand, featured her friends. "My friends threw a party for my birthday. It was really special because all of my friends came." — Charles Dougherty

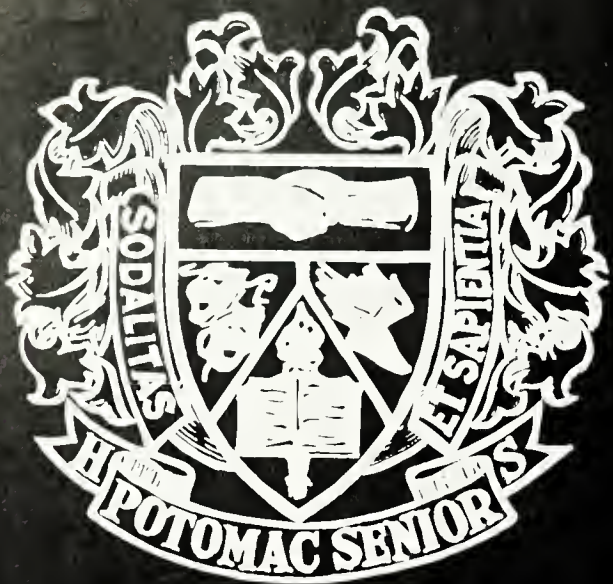
"On my trip to Europe, I had a lot of fun. We ate a lot of tea and biscuits. I want to go back this summer," said Matt Lynch. The French Club also travelled to Europe last summer. The highlight of their trip was a tour of the city of Paris. Students took this picture of Paris from the top of the Eiffel Tower.

**“ During the summer I volunteered at the Woodbridge Nursing Center and at a day camp. It was a good experience. If I had the chance I would do it again. ”**

**— Diana Duvall**







## UNDER CLASSMEN

Teresa Lloyd and Theresa Weitzel

This year, 1,048 underclassmen strived to make a name for themselves. They tried their hardest at whatever they did, especially during Homecoming Spirit week, which was held in the fall. The seniors won most of the competitions, but the juniors were not too far behind in second place, followed by the sophomores, then the freshmen. However, during the Winter Spirit Week, the Juniors defeated the Seniors! As the juniors awaited their chance to become seniors, they were commended throughout the year, especially for their support of the Junior-Senior Prom. The sophomores made themselves noticed by sponsoring a dance featuring the disk-jockey Kidd Fresh from a local radio station (WPGC). The underclassmen seized the moment to gain recognition at Potomac!

Jamie Hinkle, Matt Smith, Jenny Kraft and Leslie Melvin find time to eat as well as discuss the latest gossip. Students found that lunchtime was a relaxing break.

David Potter, Sherri Martin, Scott Calhoun, Melissa Harner, Amber Jones and Moira John-Williams cheer as the sophomore's float comes around in the Homecoming parade.



What do you think about the determination of the underclassmen striving to be recognized by the rest of the school?



"I think it's great that we try our hardest to be recognized because what we do now remains with us while we are at Potomac, "

said Katy Elmore.







*Joyia Meeks, Joanne Gee, Juhui Ham and Caren Tahan find time to talk to each other in gym class. Classes weren't only a place for learning, but also for catching up with friends.*



# Time Management 101

## *Busy students juggle responsibilities*

"Where has my time gone?" This is a major question for students with a wide range of activities and sports they choose to participate in. For most students, finding the time in their schedule to fit in all of their activities was a real challenge. "I have to judge what meetings to attend and which to miss, even though it is a hard choice to make and I feel bad," said Michelle Leckner.

Deciding which meetings to go to was difficult. With all the activities, ranging from sports to service organizations, to choose from, some students missed out on activities they might have liked to participate in. "I have to set my priorities, and I realize I can't do everything — even though I would like to!" said Mandy Lake.

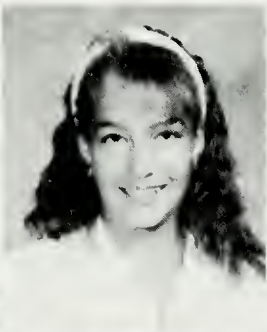
Once an activity was chosen, finding enough time to complete a homework assignment, go to a club meeting, and then attend practice for a sport was a challenging task. "I try to do my homework before and after band practice. If it is not done by then I do it in lunch," said Angie Winn. Lunch was a time during which homework and last minute studying were accomplished for Jennifer Ghisolfi, also. Jennifer said, "I don't always have the time to finish my work at home, so I use lunch as my homework period."

A social life was also a hard to fit in, but necessary. "No matter how busy my schedule gets, I find the time to just relax and hang out with my friends," said Kari McCarley. — Kris Applegate

*Amy Bann and Chrissy Yesko seize a moment during a gymnastics meet to discuss a homework assignment. After meets, athletes often did not return home until after 10:00pm.*



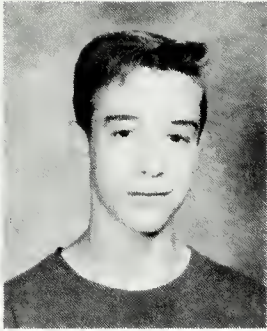
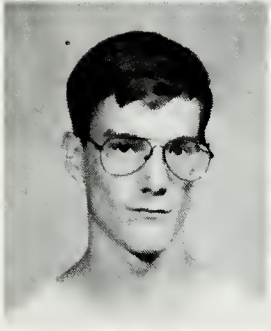




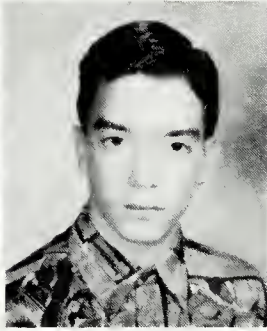
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 Naeela Ahmed 10  
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 Umer Ali 10



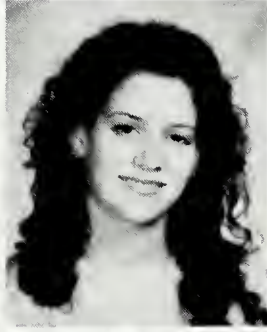
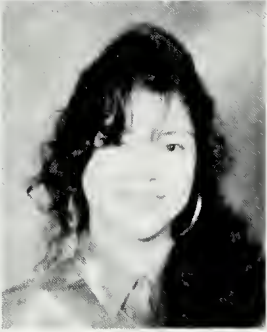
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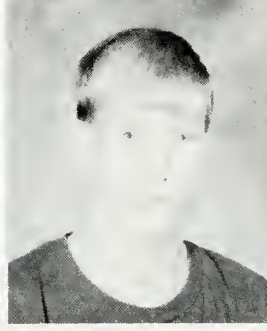
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 Tomika Anderson 11  
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 Celina Aragon 11  
 Jaime Ardaiole 11  
 Pam Austin 9  
 Irene Avelar 9  
 Celma Ayala  
 Andy Ayres 9  
 Dorita Bailey 11



Chris Baker 9  
 Cortez Baker 10  
 Kara Baker 10  
 Belinda Balderos 10  
 Yessenia Balderas 11  
 Ben Banks 9  
 Brooks Banks 10  
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 Mike Beall 9



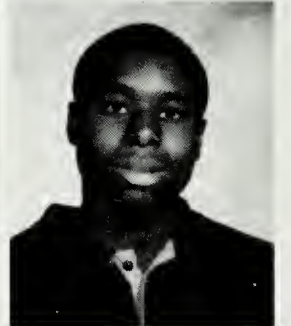
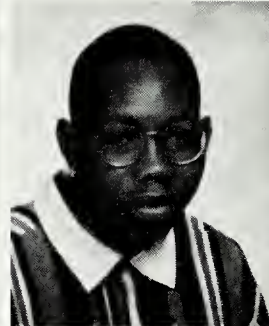
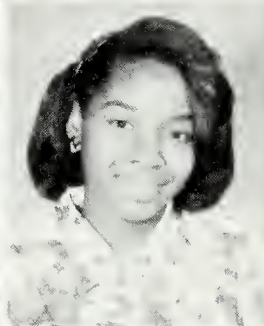
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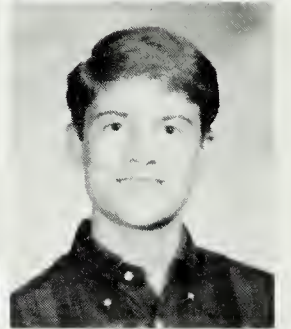
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Jessica Blanchard 9



Greg Blankenship II  
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Tom Bouchard II



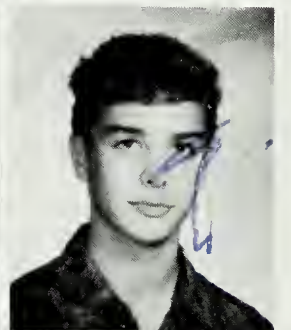
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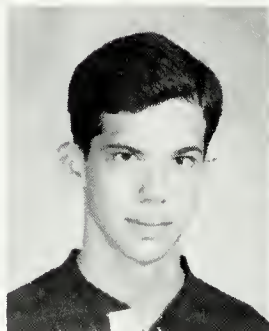
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Timette Brooks 9  
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Damien Brotherton 10  
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Benjamin Brown 10  
Derinda Brown 10  
Kimberly Brown II  
Lori Brown II  
Chris Browning 10  
Keith Browning II  
William Bryan 10  
Jamal Bryant 10



Ryan Bubb II  
Jamie Buchanan 10  
Adrian Buffington 10  
Heather Bumler 9  
Eric Burke 10  
Rashida Burke 9  
Seth Burke II  
Rhianon Burruss 10







# A Better Place

## *Addition of new security staff deters skipping and fights*

Security guards provided a safe environment for not only the students, but everyone. Students realized that during school they should be in class, not just 'hanging out' in the halls. "Security seems pretty tight this year, but I think it's good, it makes the school seem safer, like a place you would want to be at," said Mandy Lake. Two more Security guards were added to the staff of Potomac due to the fact that teachers did not have hall duty because of the extended school day.

Security guards also helped students resolve problems between each other. They set up a mediation program which allowed students to talk out their problems and at the end of the program they come up with a confidential contract that is

signed by both parties. "I like the mediation program because I know if I ever needed to discuss a problem I could go there without having anyone know," said Michelle Leckner.

Security also helped with problems, conflicts, and if you ever needed anyone to talk to they were there. "The Security position has given me the chance to fulfill some of the goals I have set for my life. It has given me a chance to get involved with today's youth and have some influence in their lives. It has also given me a chance to start my coaching career which has been very rewarding. Giving kids somebody to talk to and to count on is very satisfying. I enjoy working here at Potomac," said Mr. Michael Comerford. — Tracy Adams

*Mr. Michael Comerford gives a pass to Shane Byrd. Students sometimes were late to class because of locker trouble, but whenever students were in the halls they needed to have a pass.*





# Places to Go

## *Students discover places to visit in D.C. and Northern Virginia*

School days that were extended to 7 periods gave students less free time, and getting a 48 hour break was eagerly anticipated. "After seven periods for six days, my weekend is very much looked forward to. I do whatever there is possible to do in Woodbridge - party!" laughed Nadine Tahan.

Finding a place that was fun and safe was hard for students. In the past, the Montclair 7-11 served as a place to meet up with friends, but this year students looked for more exciting places to go. They found it - "Raves." "They're really cool. It's a whole bunch of people getting together dancing and having fun," said Jessica Winchester.

Here in the Dumfries-Woodbridge area there were a few fast

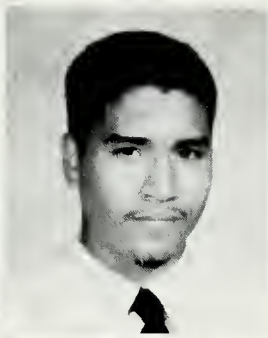
food places available, but most students, like Jamie Hill, enjoyed activities like going to the movies, attending football and basketball games or just hanging out. "I usually hang out with my girlfriend; if we're not watching a movie, we're usually out at a party or something," said Jamie.

The good thing about Dumfries was that it was just minutes away from Manassas, Springfield, and the District of Columbia. The popular entertainments among students included traveling to D.C. to attend theater events, parks, and dance clubs. — Stephanie Vermillion

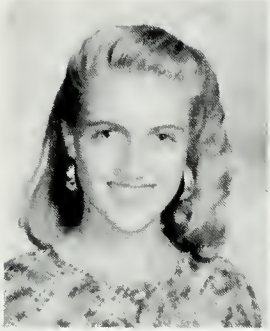
*Cherri DeSilvia, Cal Turner, and Robbie Jefferson plan their weekend. School was a place where students got the opportunity to discuss the upcoming weekend with friends.*



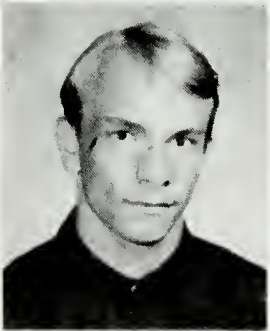




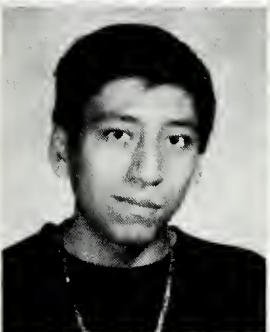
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 Scott Calhoun 10  
 Randy Cameresi 11



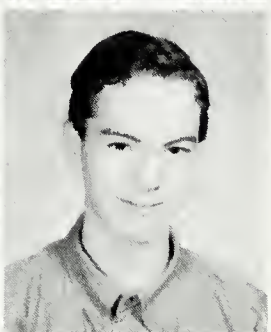
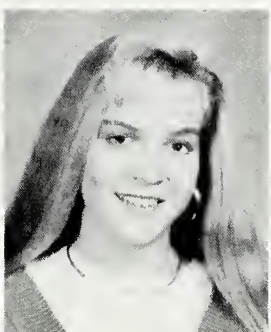
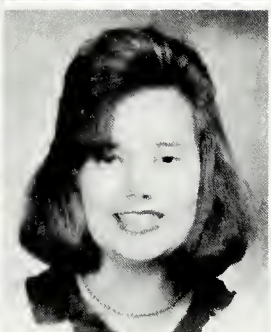
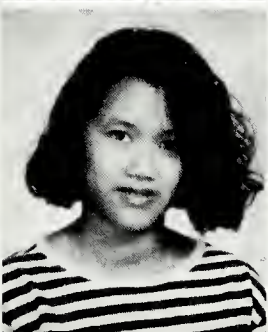
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 Bonnie Carr 10  
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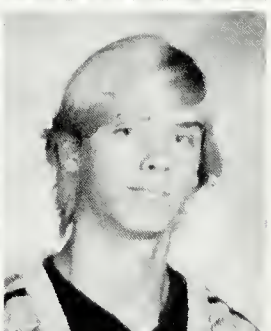
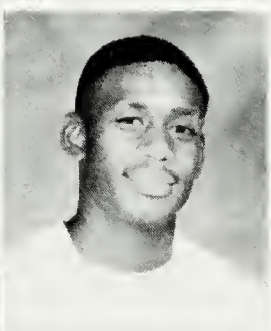
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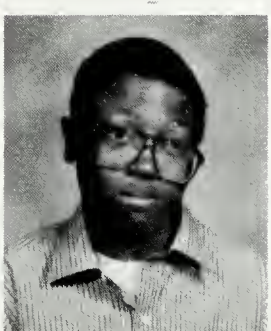
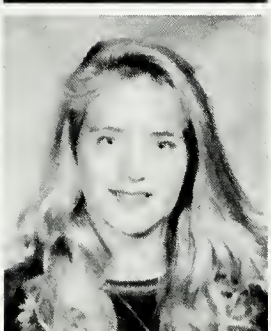
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 Jennifer Christie 11  
 Kevin Chronister 9



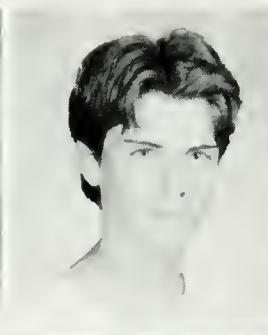
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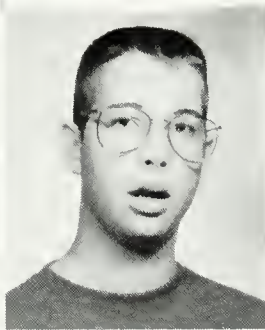
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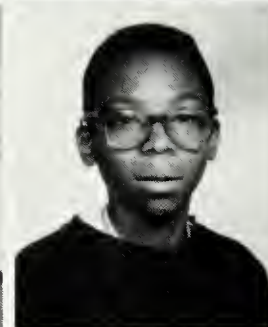
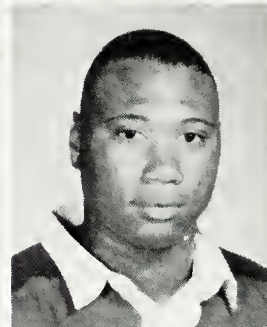
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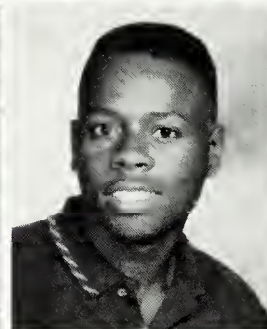
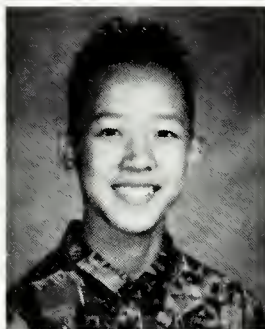
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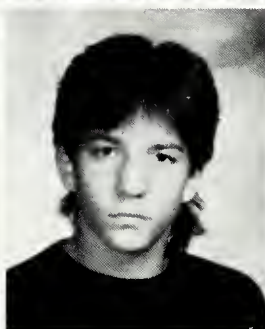
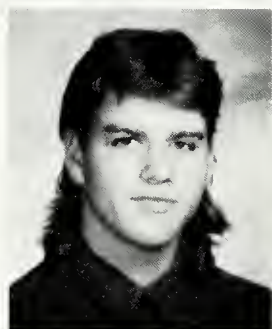
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 Dan Daniels 10  
 Darrell Dao II



Ling Dao II  
 Long Dao 9  
 Temple Darry 9  
 Kimberly Davidson 9  
 Chris Davis  
 Jeffery Davis 10  
 Kristopher Davis 10  
 Tiawana Davis-Moore 9



Dan Dawson 10  
 James Day 9  
 Danielle Denault 9  
 Michael Denault II  
 Karen Dennison 10  
 Allan Dent 9  
 Tracey Dent 10  
 Christina Denton II



Sarah Deptula II  
 Julio De Sena 9  
 Cherri Desilva 9  
 Michael Desmond 10  
 Jason Dewey 9  
 John Dickison 9  
 Melissa Dingman II  
 Cynthia Dinsmore 9



Eric Dixon II  
 James Dixon 10  
 Lori Dodds 9  
 Danielle Dodson II  
 Travis Dodson II  
 Cindi Dominy 9  
 Edward Donahue II  
 Ahmad Dorsett 9







# My Dog Ate It

*Students use excuses every day to cover up mistakes*

Excuses, Excuses, Excuses!

They were heard all day long. Students gave them to teachers, faculty, and even friends. "I forgot my homework, can I give it to you tomorrow?" and "I wasn't feeling well, sorry I didn't call you," were only a few of the excuses given throughout the day.

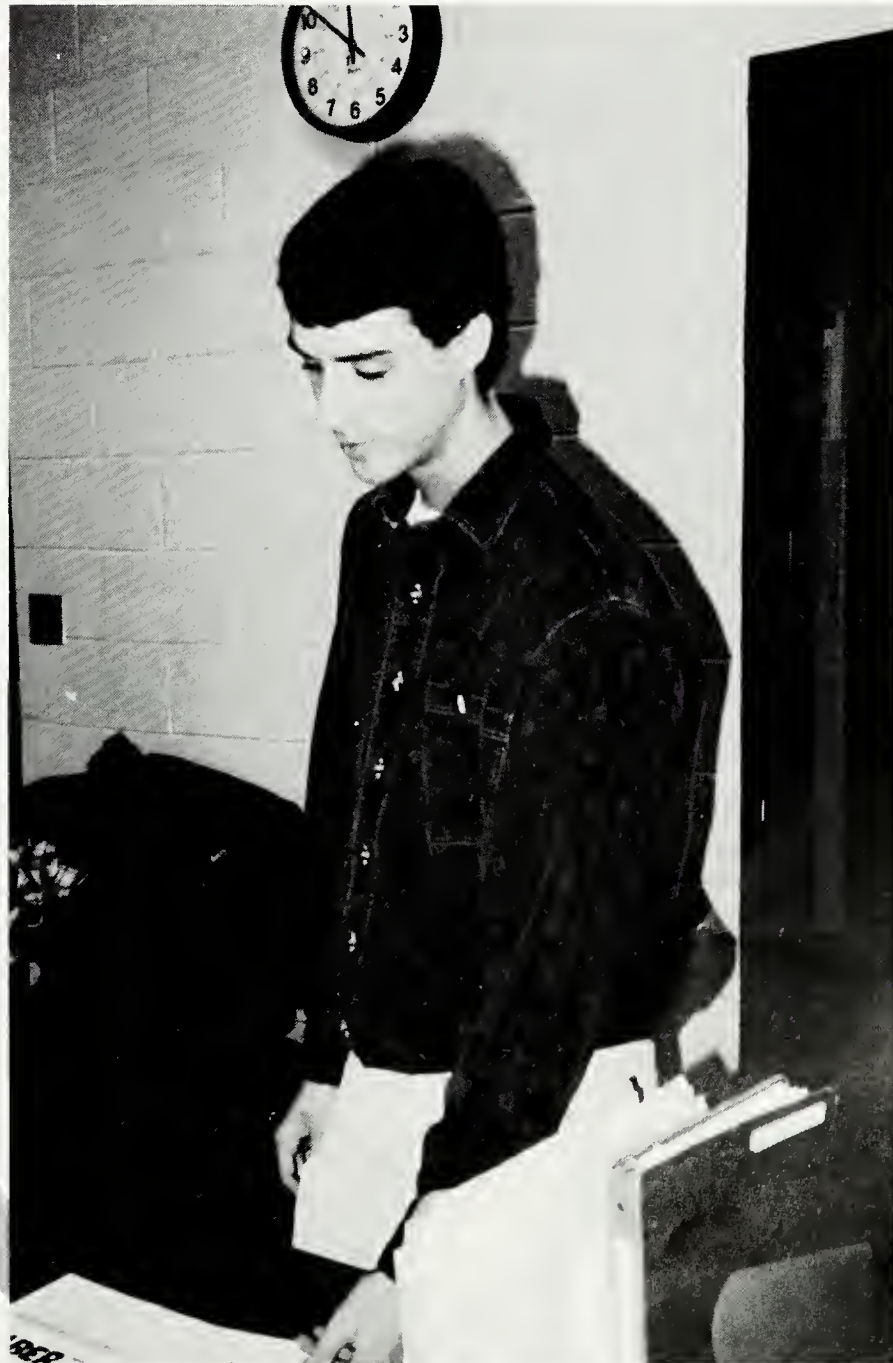
Students realized that excuses played a big part in their daily lives, from making up excuses to tell their parents to trying to get out of doing homework. Most students realized, however, that ultimately excuses merely covered up irresponsibility. "I always seemed to forget to do my physics homework and trying to come up with an excuse every day was hard so I decided to do it in lunch," said Mandy Lake. "Learning

to manage time was hard but you learn to deal with it."

Students found out that if they really did forget their homework, most teachers allowed students to turn it in a day or two late for a lower grade. "Once in a while there was a penalty to pay, but anything was better than a zero," said Jeanie Cassidy.

Getting to school was also a problem for some students. "I always gave Mrs. Briget Abler the same excuse - 'My car wouldn't start' or 'I had to stop and get gas.' I tried getting away with it but I never seemed to," said Glenn Mackinlay.

Students always found a way to give an excuse, when it usually would have been less work to simply fulfill their obligations. — Tracy Adams



*Pat Dowd receives his late pass for coming into school late. Students were required to check out when leaving and check back in when returning to school, unless they wanted to attend detention.*



# Chillin' Out

*Students find dances are a great place to relax*

It's Friday night and the game is over. What else is there to do? Easy - go to the dance. Dances after home football and basketball games were sponsored by a variety of clubs or grade levels. "The reason for classes to sponsor dances is to help raise money for things that need to get done. For instance, the seniors have dances to help raise money to pay for graduation," said Mark Pavlick.

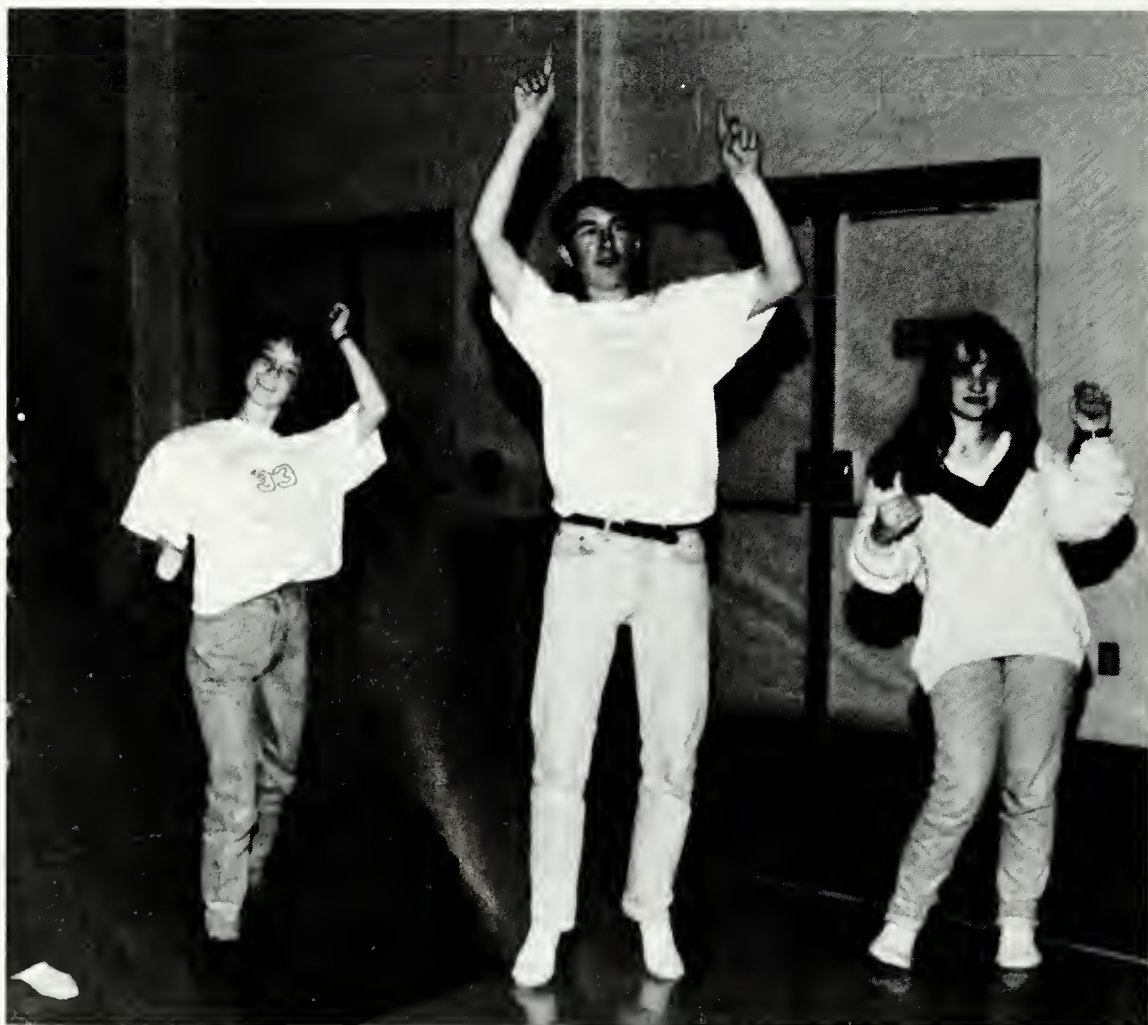
A speciality for the SCA this year was to sponsor free dances, such as sock hops. At these dances, it was a requirement to dance in your socks. "The dances gave the students an opportunity to have a ball in each other's presence," commented Shannon Young.

Students had different opinions on what they should do to have fun at the dances. John Goode said, "If you don't have fun . . . you must not be dancing. To have some fun, you have to join in."

Our own principal, Mr. Michael Campbell, showed that he could have a good time just like the students. "I believe that after a student has a long, hard week of school it is necessary for a break. I, myself, enjoy the dances because I love to dance, even though I'm not that good at it."

— Matt Lee-Torres

*Chris Wakefield, Amy Bann, Stacey Bradshaw and enjoy doing the Hokie-Pokie at the Winter Spiritfest Sock Hop sponsored by the SCA. The dances gave students a chance to relax.*







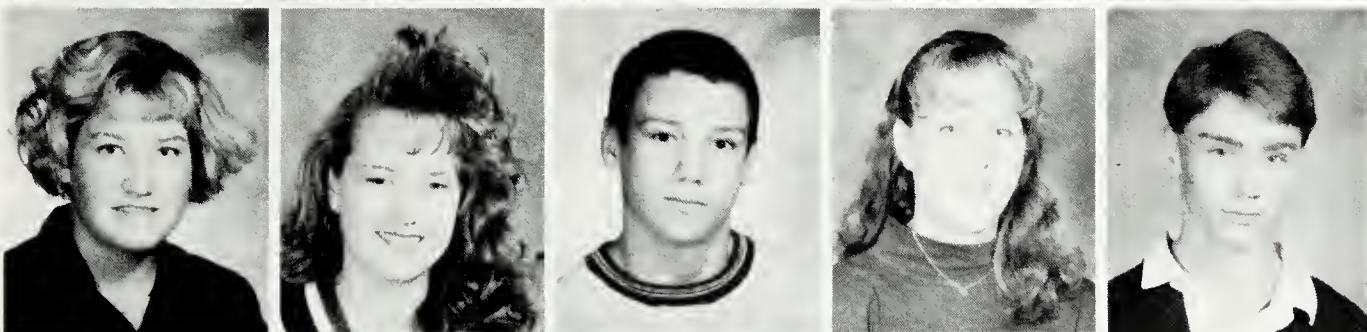
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Charles Dougherty 9  
Nick Dovel 9  
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Chris Dowell II  
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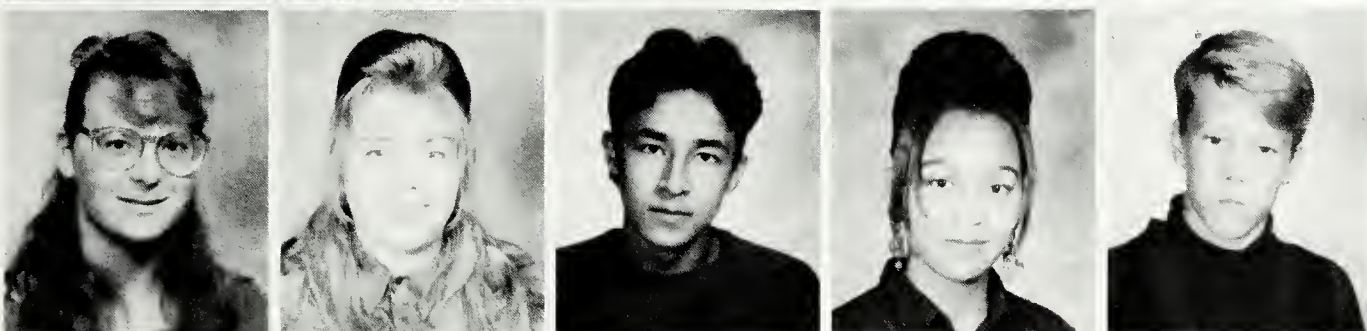
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Nyle Duncan 10  
Kimberly Dupree 9  
Deanna Durden 10  
Simone Duru 10  
Diana Duvall 9  
Ginger Duvall II



Robert Edmonds II  
Alyssa Eland 9  
Latessar Elliott II  
Latissue Elliott 9  
Jay Ellis II  
Katy Elmore 10  
Tracy Elmore  
Vernon Ely 9



Clay Embrey 9  
Carmella Empey II  
Quinta Ennis 10  
Lauren Epke II  
Tracy Estep II  
Kenneth Etzler 9  
Paula Evans 10  
John Fair II



Adam Faltinowski II  
Joe Fanion 9  
Chris Farley 9  
Tamra Farran 10  
Sarah Faunce II  
Kabir Fazelyar 9  
Torria Featherston II  
Jeremy Feindt 9



Janaye Felder 9  
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Russ Ferguson 9  
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Tabitha Fincham 9  
Kristy Finucan 10  
Andy Fisher 9  
Melissa Fisher 9

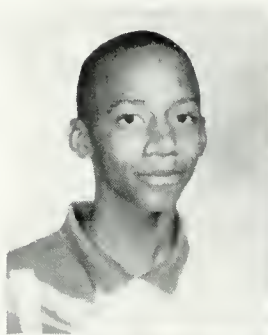


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Arthur Flecker 9  
Sean Floars II  
Jose Flores II  
Tony Flores 9  
Ian Flynn II  
April Ford II  
Jarel Ford II





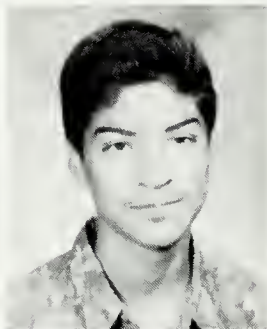
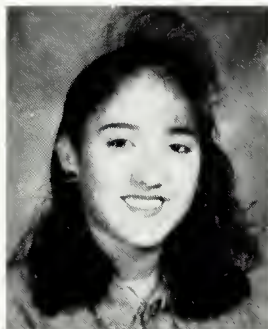
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Denise Fortune 10  
Johnny Foster II  
Sharonette Foster II  
Johan Fowler 10  
Erskin Fox 10  
Leon Fox II



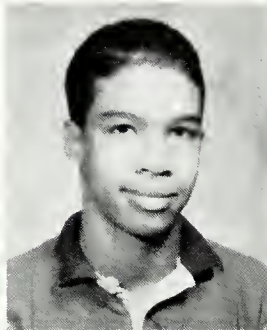
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Nick Frezza 9  
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Alex Galeano II  
Angela Gallo 10



Romina Gallo 10  
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James Gardner 9  
Nicole Garrett 9  
Evelin Garrido 10



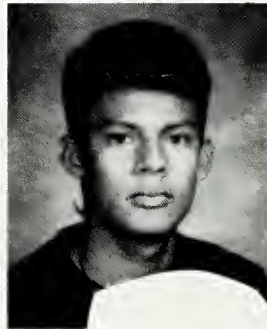
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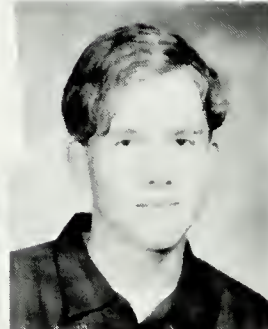
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Robert Gillette 10  
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Stephen Gilmer II  
Kim Gincham II  
Demetrius Golden II  
Stacy Goldsmith 10



Andrew Gollaher 9  
Juan Gomez  
Rudy Gomez 10  
Damian Gonzales II  
Guadalupe Gonzales 9  
Jessica Gonzales 9  
John Goode 9  
Ashley Gooding II



Ian Goodman II  
Meredith Goodwin II  
Rose Gordon 9  
Scott Gordon II  
Kim Gould II  
Suzette Graham II  
Beth Graves 9  
Angela Gray II







## “Go Big Blue!”

### *Potomac students rally to show their spirit*

“We’re #1!”  
 “Go Panthers!”  
 “Go, Fight, Win!”

These phrases were often heard throughout the year at pep rallies, football games and other various events. Students had many different ways of displaying their school spirit and the way they felt about going to Potomac, including painting their faces and wearing blue and white clothing.

There was competition, between the different class levels, to see who had the most school spirit. Seniors dominated the competition by being named the “most spirited class” during Homecoming spirit week. “Seniors definitely have the most school spirit, I think, because we’ve been here for four years and we love

Potomac!” said Chris Anthony. However, the Junior class came from behind to win the spirit week competition for winter sports. Sandy Piper explained, “I think the level of school spirit is very high over all because students enjoyed showing that Potomac is #1!”

The cheerleaders played an important role in getting students involved in showing support for everything that had to do with Potomac. “They really got the students involved and full of spirit and support,” said Melissa Krass — Teresa Lloyd

While walking with the Freshmen class float, Andrea Hayes, Jerome Warren and Jessica Wagner cheer for their class. Students strived to show how proud they were of their class.





# Fast Food

## *Making a run for the border after school*

"It's more delicious than cafeteria food," said Jose Zenteno. Friday afternoon, 2:00 o'clock: Cars speed out of the parking lot, many in the same direction. Taco Bell, McDonald's, Burger King - each restaurant boasted something to satisfy everyone.

Potomac students could also be found at fast-food restaurants during breakfast. On one occasion a truck covered route 234 with soy-bean oil, and Mark Pavlick, Tony Steele, Chris Critchfield, Mike Walters, Shaun Kirkhart and Physics teacher Mr. Bill Moreland all sought refuge in McDonald's while the mess was cleaned up outside.

Despite this, students voted Taco Bell as their favorite fast food restaurant. "I like it because it's different and spicy," said Bill Ahmad.

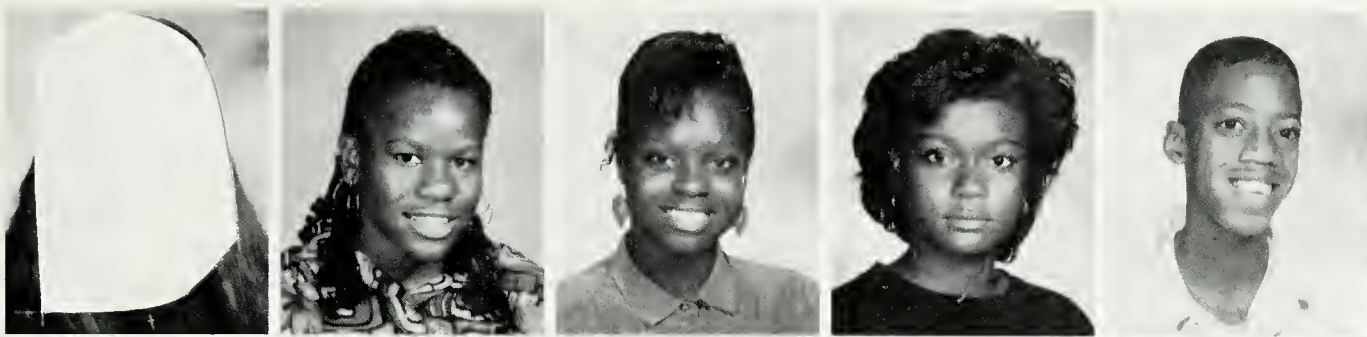
Lionel Perez liked Taco Bell because, "They have good beef burritos." Other students disagreed. Pricilla Rich, a native Texan, said "Taco Bell is the farthest thing from Mexican food in the world."

Fast food restaurants also offered part-time employment for many Potomac students, providing money for college and weekend expenditures. Shannon Young said, "I have plenty of time to study and attend my karate class. The hours are flexible to my study needs, and the pay is worthwhile for what we do." — Joe Somosky

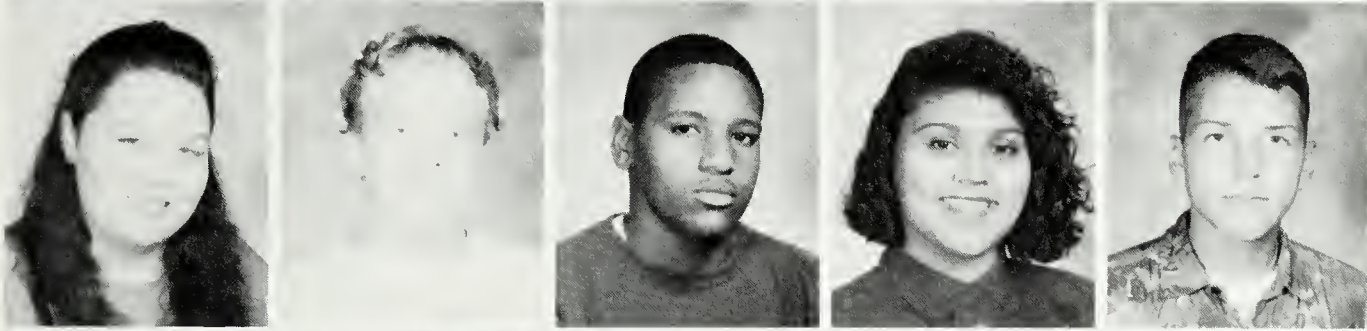
*Shaun Vunder bites into a hamburger. Fast food helped students like Shaun, who went directly from school to band practice and then yearbook meetings, survive.*







Ron Grayson 9  
Thomas Greek 10  
Hope Green II  
Julie Green 9  
Nyoaka Green II  
Shavonta Green 10  
Yolanda Greenhow 9  
Jason Grice 9



Elie Griffin 10  
Angie Griffith II  
Marsha Grigsby 9  
Ada Grimsley 9  
Walter Groce 9  
Charles Groves 9  
Ana Guerra 10  
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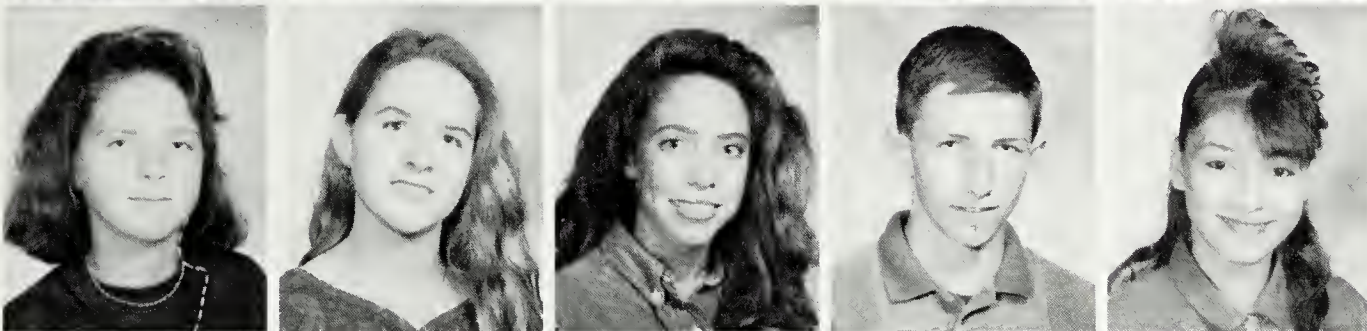
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Juhui Ham II  
Nashin Hamid 9



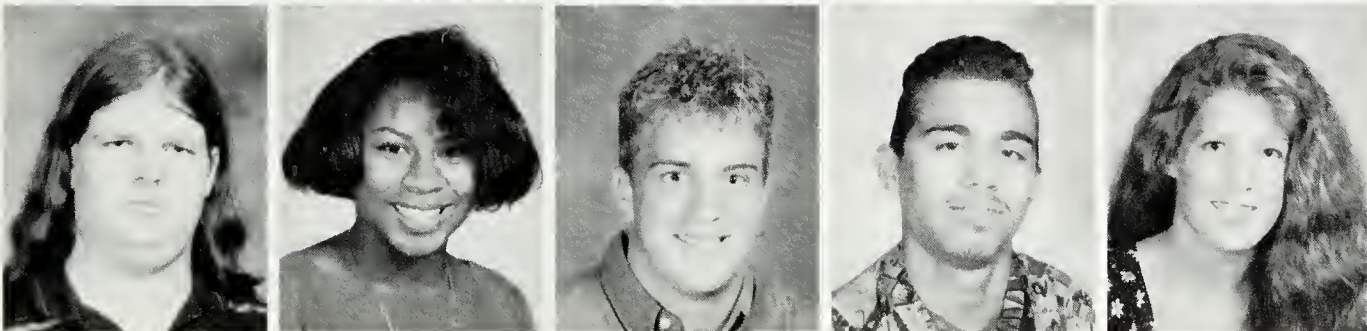
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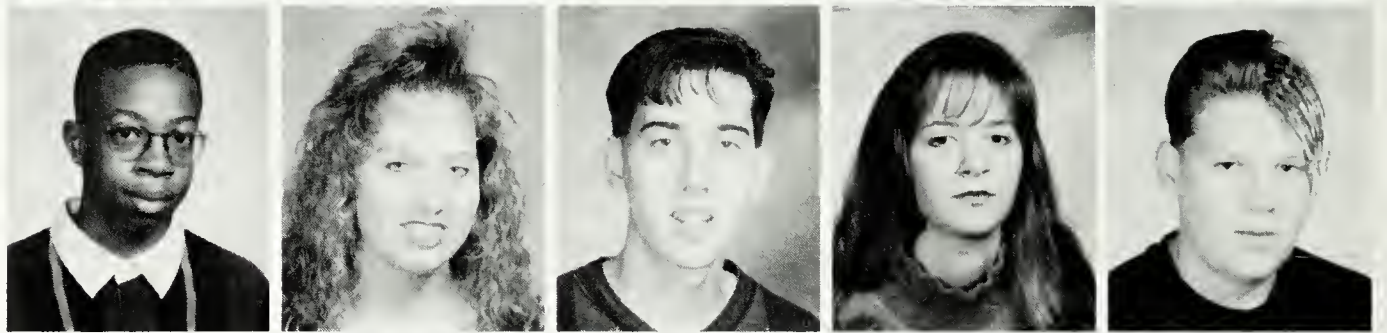
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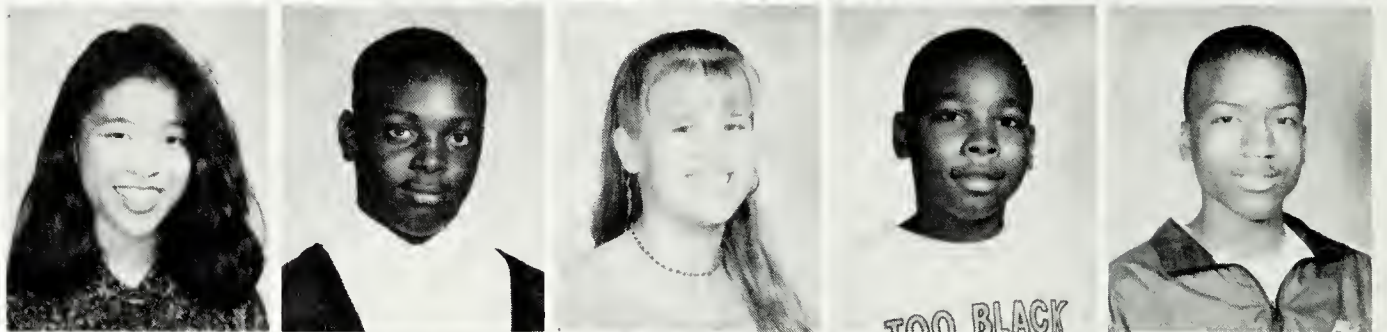
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Jason Holmes 10  
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Jeff Hooper II



Lisa Hopkins II  
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LeRoy Hudson II



Shameta Hudson 9  
Christina Huffstickler 10  
Hugh De Pree II  
George Hummel 10  
Nomikka Hunter 9  
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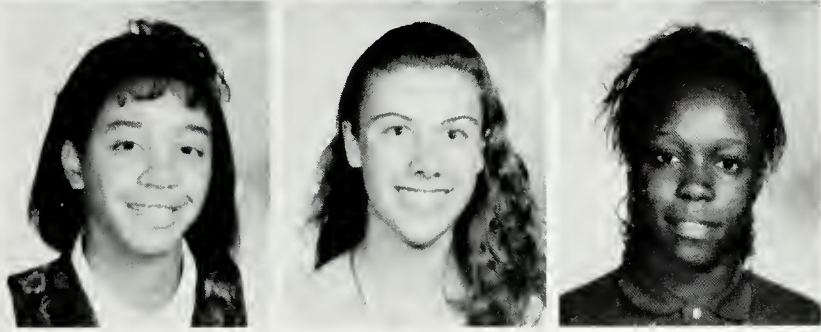
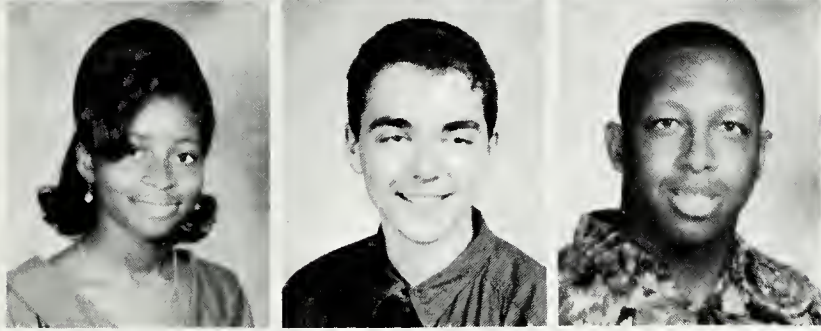
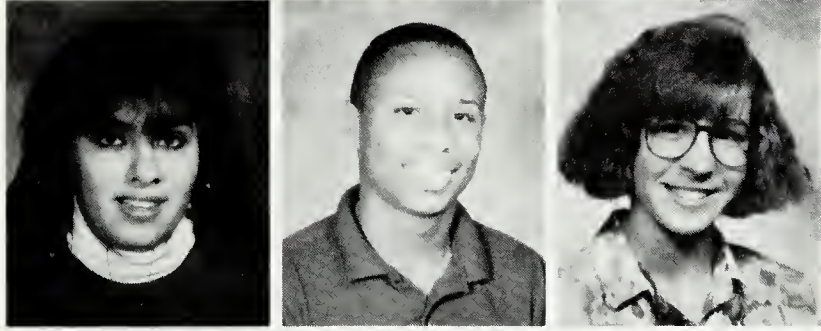
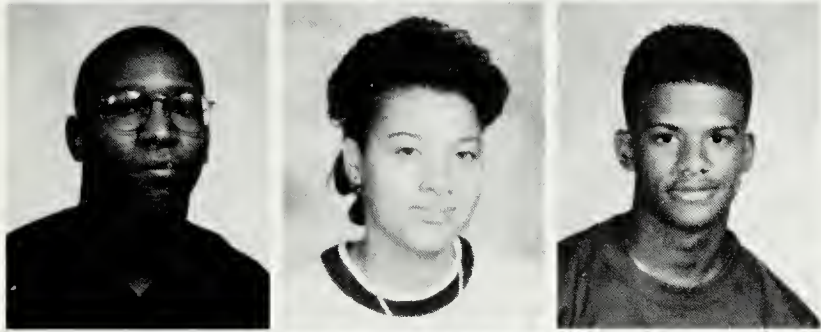
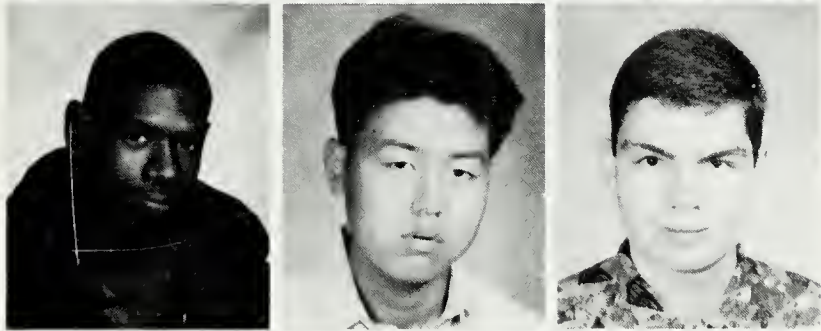
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Latasha Johnson II  
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Miranda Johnson II  
Monica Johnson II







# Rise and Shine!

## Students at Potomac Pilot New Schedule

This year a new schedule was adopted at Potomac. There were no study halls, and everyone was required to take six classes. The staff and administrators decided they would provide students with the option of taking an early class at 6:30am, or a late class at 2:05pm. "The schedule this year allows more flexibility for students, especially those with after school jobs," said Mr. Nixon..

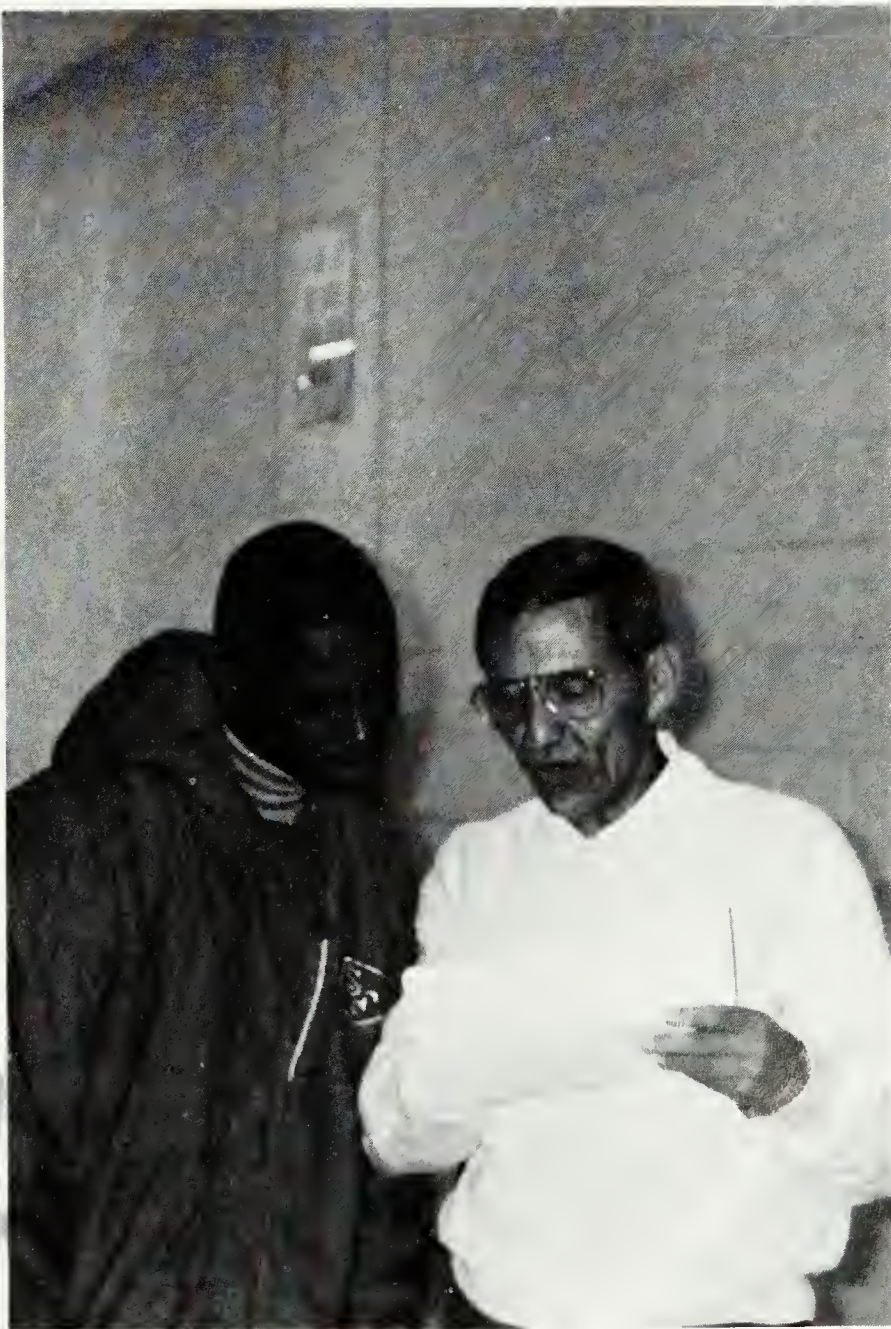
When the plan was first implemented, most students preferred the old schedule: 73% of students polled would rather have the same schedule as 1991-92; 21% liked the new schedule; and the remaining 6% said that it didn't affect them either way. "I don't like the new schedule because the days are too long," said David Potter. Kenric Russel agreed

with him and said, "I can't see waking up for a 6:30 class and then be able to concentrate."

However, after a year of the new schedule, many students and teachers believed that having the extra class was a good idea. "I like that we have an extra period because it gives me time to finish my homework," said Mary Ratley. "I thought getting up at 4:30am would be difficult, but once I got used to it, I enjoyed my early class. The students are dedicated and enthusiastic. Plus, there's no traffic!" said Ms. Kathleen Collins.

The schedule was so successful that at the December school board meeting it was decided that other Prince William County high schools will adopt a similar schedule next year. — Theresa Weitzel

*Orlando Webb was just one of the many students who had teachers and administrators re-explain the new schedule, which gave students the option of taking a 7th class.*





# New Start, New Stress

*For freshman, high school brings its own set of worries*

After a summer of anticipation and seemingly endless boredom, many freshmen were excited and nervous at the same time. They were happy to be considered mature, young adults, able to spread their wings and become their own person. They were ready to face the challenges of high school, confident in their abilities to ace classes and make friends . . .

NOT! Most freshman harbored some degree of fear of leaving the familiar walls of middle school. In middle school, it seemed like everyone knew everyone else and that teachers were good friends with their students. Many thought that the teachers at Potomac would be uncaring and they were afraid they would not make new friends. "I was afraid of my classes and teachers.

I was scared they wouldn't like me and I would get bad grades," said Marsha Gribbsby.

Most freshmen learned that highschool wasn't so bad once they learned their way around. "I feared getting lost. I didn't want to feel funny going into one of my classes at the wrong time," said Megan Crowder.

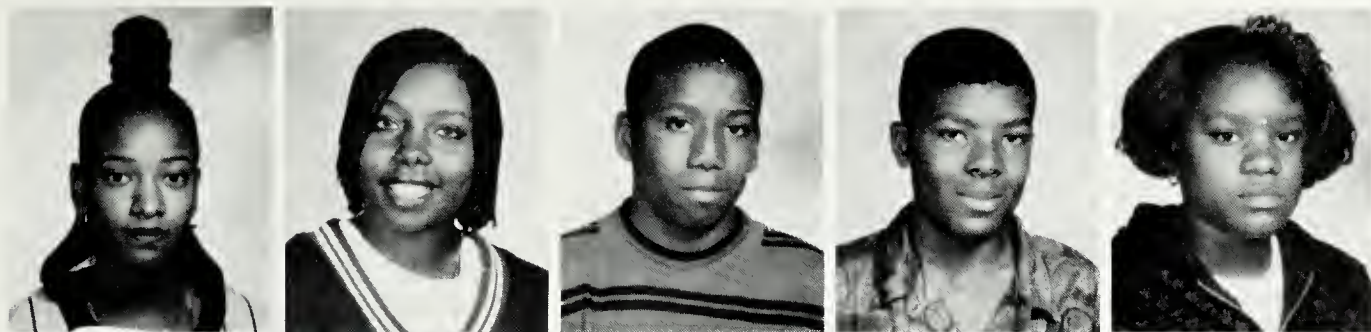
A poll conducted in September revealed that 30 percent of the freshman class feared getting lost, 20 percent feared failing their classes, 28 percent feared fitting in, 7 percent feared drugs, and 15 percent didn't have any fears at all. "I think fears are all in your mind. High school may be bigger but it's just like middle school, only harder," said Carrie Campbell. — Stacy Goldsmith



*In class, John Dickinson listens attentively to instructions. Freshmen who feared grades, pushed themselves harder to get the grades they wanted.*







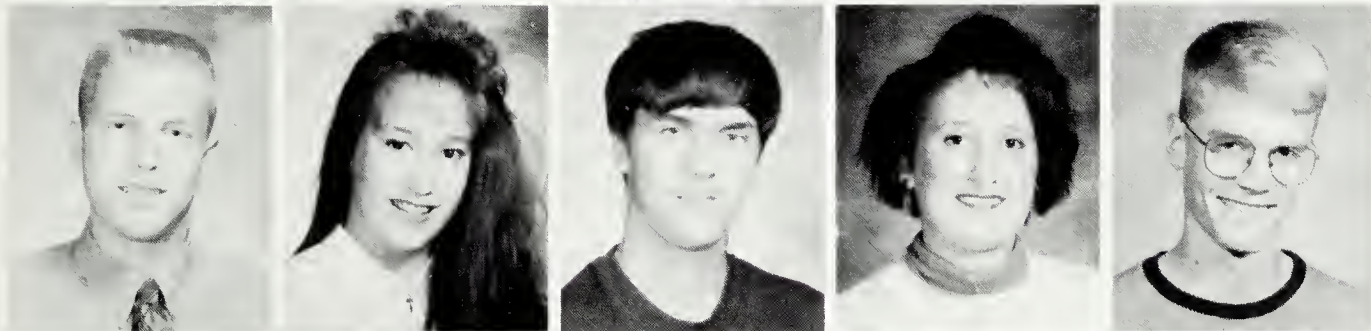
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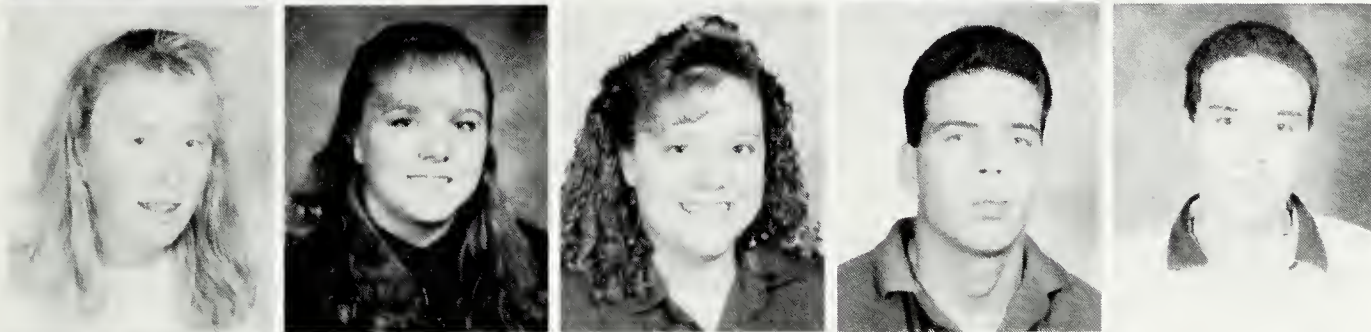
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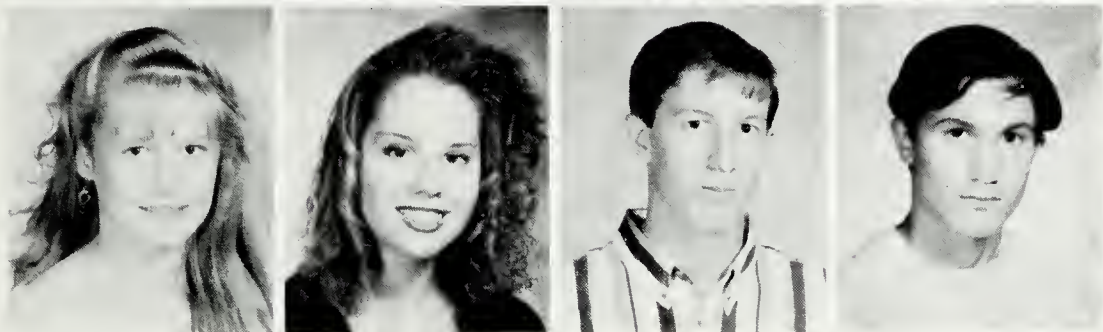
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Meghan Kent 9  
Phaneth Keo 10  
Adrian Kidwell 10  
Dashan Kimber 9  
Anjelica Kinghorn 10  
Danylssa Dinghorn 11  
Sean Kirkhart 11  
Glendale Kirkland 11



Edward Korrane 10  
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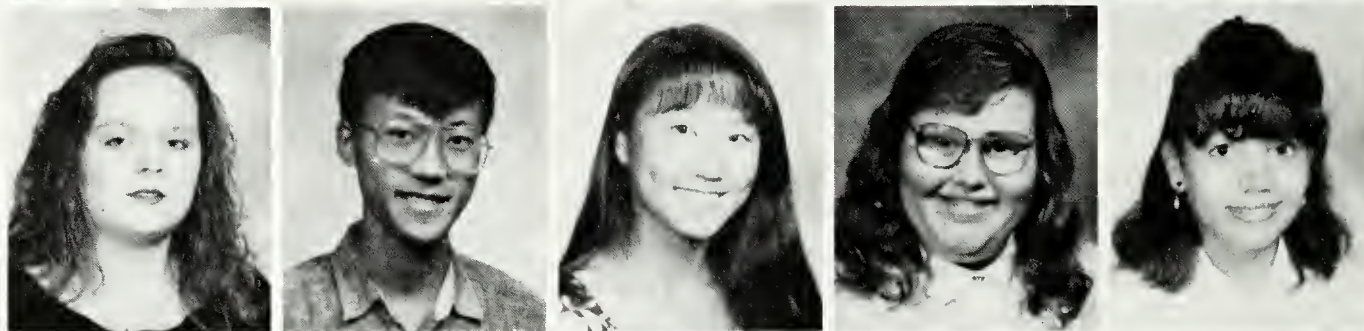
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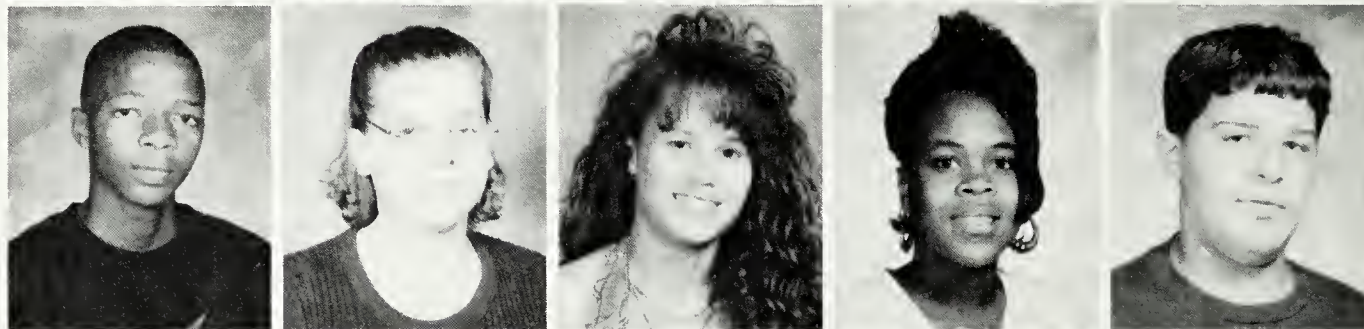
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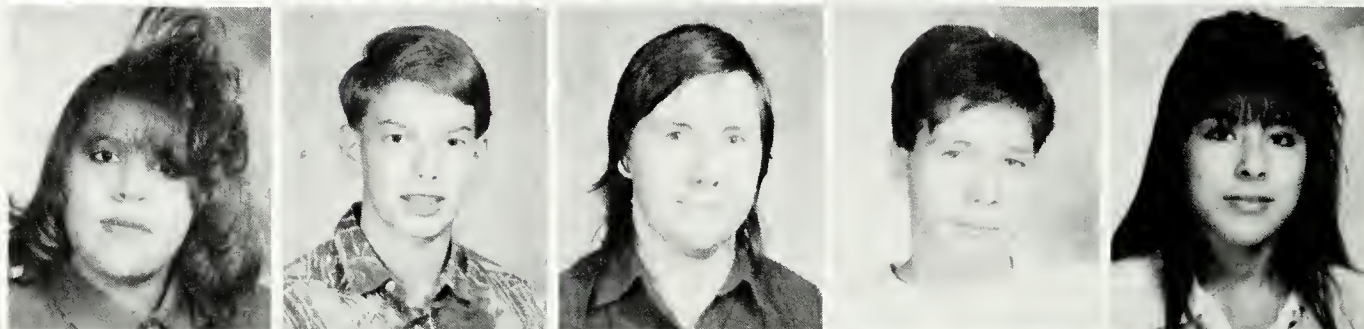
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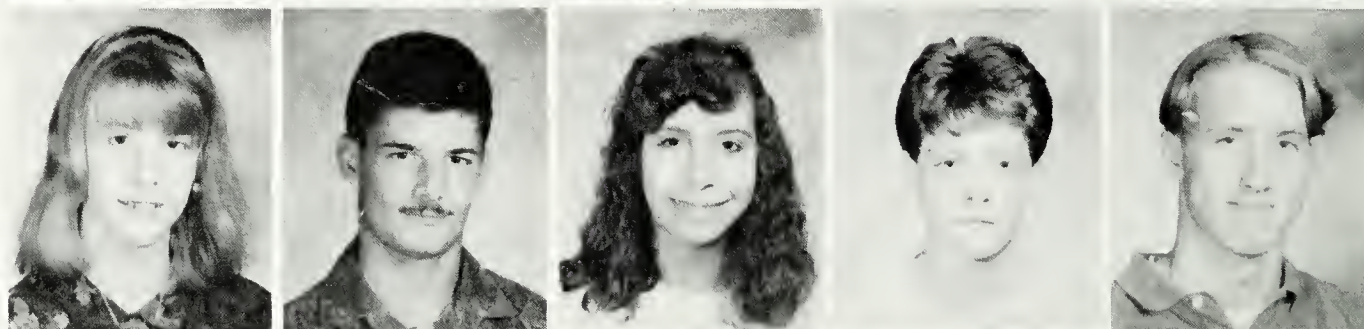
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Jason Long 11  
Thomas Long 9  
Lorena Lopez 10  
Livingston Lopresti 9  
Michael Lopresti 9  
Perla Lorenzana 10



Regina Lovic 9  
Daven Loy 11  
Melissa Lundy 9  
Matt Lynch 9  
John Maccallum 10  
Stephanie MacFarlane 11  
Nelson Madison 9  
Ivonne Magallones 11



Augustus Mahaney 11  
Anitra Major 9  
Deepa Malladi 11  
Kelly Malone 11  
Christopher Malter 10  
Irene Mammen 9  
Erik Manzanares 10  
Felicia Marshall 9







# A Learning Experience

*New program combines school and "the real world"*

"I have to go to work, so I can't give you a ride home today," she said.

"You get to leave school early to go to work?" her friend asked.

"Yeah, it's part of this program at school, ICT," she replied.

This program allowed students to work during school hours and still earn two class credits. "It helps me to prepare for the future, I learn a lot in this program that I don't learn in other classes," said Rashida Burke. The ICT program taught students how to act at an interview and the responsibility of holding a job.

The Vocational Resource Program helped students obtain a job, but it was up to the students to maintain it. The main objective of the program was to help students meet goals,

whether it was a shortterm goal or a longterm goal.

The ICT program also helped students manage time. It showed them how to get everything done in a short period of time. "It was hard for me to find time for everything like homework and friends, but ICT showed me how to manage my time so I can still do everything I want. They made me realize that you need to decide which is more important and then do the more important thing first," said Gloria Talbert.

"They worked above and beyond what was required of them. This is a great program and I believe that ICT is one of the many things that brings the meaning to the phrase 'Pride of Potomac'," said Mr. John Jenkins.— Tonia Rumble



*Celebrating the success of the program Jermaine Curtis, Jason Holmes, and Connie Carr eat and discuss the awards ceremony. ICT was a program that allowed students to obtain a job and still get two credits toward graduation.*



# Hair Styles

*The hip ways in which students expressed themselves*

Fashionable hair styles are one of the most enduring trends throughout the history of schools. Our parents were thwarted by their elders due to their radical coiffures during their years as adolescents. Now, centuries later, we are forced to endure the persecution that they were once victims of.

Observing the hair styles at Potomac, students have gone back to the "natural look." Hairstyles styles worn included braids, frenchrolls and the weaving gold lace or string into the hair. Lisa Hopkins said, "I wonder how they do their hair like that, and how they get it to stay."

Due to their experiences with students in the classroom, teachers have diverse opinions about radical hairstyles. Mrs. Charlotte Stultz, a

12th grade government teacher, said, "Although I may not find hairstyles enhance the appearance of students, I don't think they would have a detrimental effect in the classroom environment."

Unique hair styles were a positive way students expressed themselves. Being different was a way to escape the stress and frustration school can sometimes bring. Talibah McGriff stated, "Sometimes people truly wear weird hairstyles to be different, while others wear them to be funny. For those who do wear them to be different, it takes a lot of guts." — Lisa Mosley

*Crystal Adams and DePree' Hugh display the modern hairstyles that students wear. Hair styles, like students, had their own personality.*







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Jennifer Martin II  
Sheri Martin 10  
Luis Martinez 10  
Paulo Martinez II  
Vivian Marzan II  
Dana Maske 9  
Kelvin Mason 9



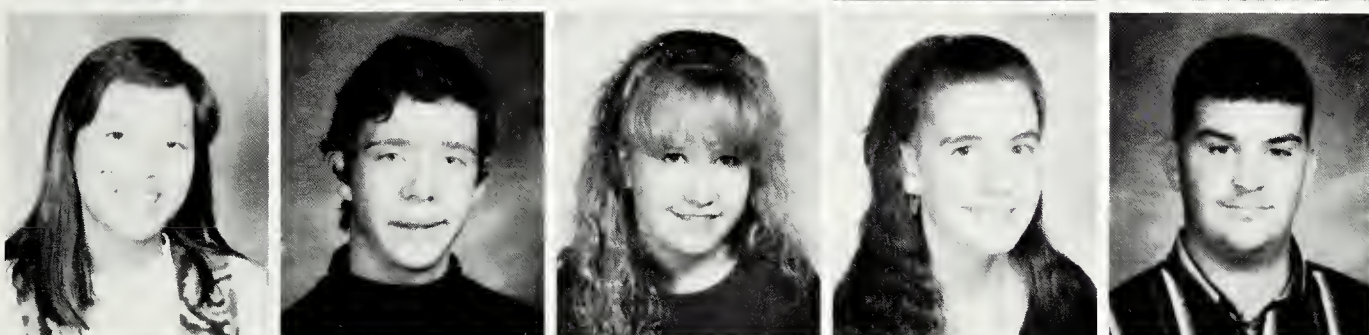
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Laurel McDonald II  
John McGovern II  
Tommy McGrath 9  
Jenna McGuire II  
Kelly McIntosh II  
James McIntyre 10  
Taka McLean 9  
Dave McMullen 9



Alona McNamara II  
Renee Meadows II  
Eugene Meadows 9  
Tiana Meek 9  
Joyia Meeks 9  
Theodore Megee 10  
Leslie Melvin II  
James Mercado 10



Randy Merrill 10  
Donnie Merrix 9  
Scarlett Meyer 9  
Jeanmarie Michael II  
James Miles 9  
Christy Miller 9  
Jackie Miller 9  
Shaun Miller 10



Tammy Miller 9  
Jennifer Milligan 9  
Nick Mitchell 9  
Lucien Modesto 10  
David Moffett 10  
Yvonne Montgomery 10  
Dejaun Moore 9  
Denisha Moore 10



Sanj Moore 10  
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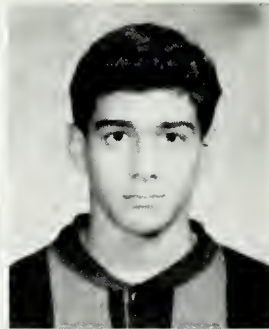
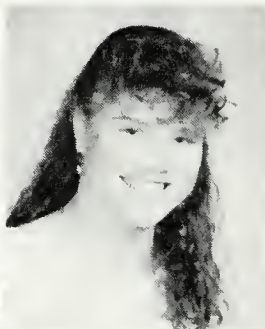
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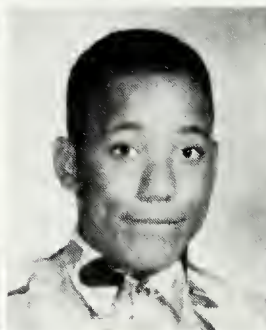
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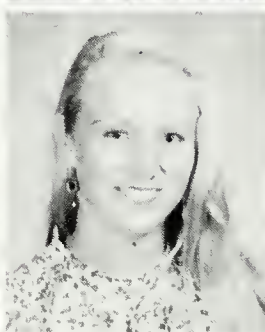
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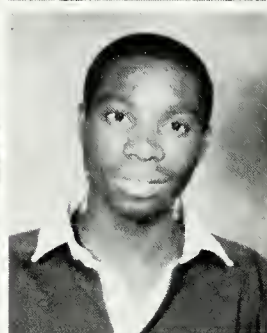
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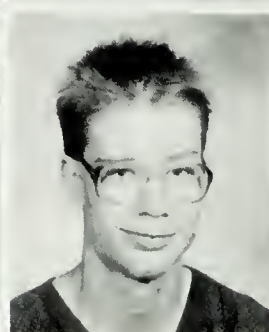
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Paul Patterson II  
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Jayme Pavia 10  
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David Peck 10  
Kellie Pelligrino 10



Carlos Perez II  
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Jason Perkins 9  
Karl Peskie II  
Jackson Pethtal II  
Dan Phantriyavong 9  
Sarika Phayvanh 9  
Syoungh Phisudalak 10







# Looking Good!

*Students express attitudes, emotions, and politics through their clothing*

From head to toe, Potomac Senoir High has a vast difference in styles of hair, clothes, and accessories. In the halls, the boys have long or medium length hair or even almost-shaven heads. Girls styles reflected the same variety.

Baggy pants were the most popular style and were worn by both genders. "People are wearing big, baggy sweaters and baggy pants. I think it's a nice way to dress," said Shameta Hudson. Andrew Chatman disagreed, "I really don't like the baggy style because I think it's sloppy. And you can't run if you have to." James Day agreed with Shameta but said that some students go too far, "Baggy pants are OK, but not when they're down to your knees."

The most popular outfits for girls

were "guy clothes", which were big jeans, baggy shirts, ties and sports jackets. Observing this, Bill Ahmad said, "The fasion here is really up-to-date."

Accessories were used to show the personality of the person wearing them. From band-aids to jewelry, they added that touch of individuality to make a person stand out from the crowd. "I think that clothes and the way that they are worn really reflect the personality of the individual," said Nadine Tahan said. A short-lived fad was the "Baby Look," or sucking on a pacifier. Brian Bann said, "I think the pacifier fad was stupid. Babies use them, not teenagers." No matter what the style, fad or trend, looking good was the whole objective. — Matt Lee-Torres



Students discuss different clothing styles during a break. Talking with others helped keep people up to date about fads and clothing.



# The Snowball Effect

*Today's music is a compilation of the sounds from the past*

Not only is music something to dance to, but seven decades ago it changed the American teenager's way of life. The 1920's brought many freedoms for the American teenager: cars, telephones, and a dance called the Charleston. All of these fun new ways of life were accompanied by music. Music brought about new identities, feelings, and behavior in teenagers.

Thirty five years later Elvis drove the world crazy when he went on television and caused controversy when he swung his hips. In 1968 Woodstock symbolized the revolutions for change. In the seventies, Disco was the craze. Rap, Modern Rock Pop, and Country hit the charts in the Eighties and brought new ways of dancing and speaking. Now, the nineties, a new time of change - globally, socially, and politically.

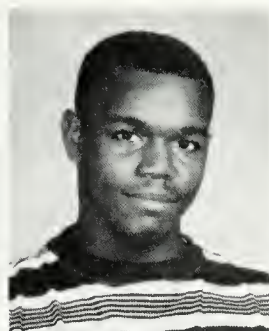
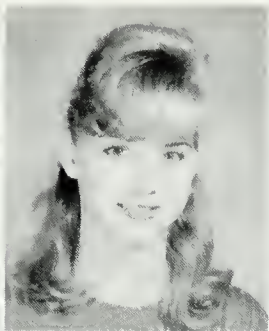
Like yesterday's music, today's music revolves around the changes in society. Potomac students musical tastes ranged from Rock, Rap, and Progressive to Country and Folk. "I really enjoy all varieties of music. The different styles helped me get closer to friends," said Chris Zovak. "I like to listen to mainly older classic rock groups rather than the music of today," said Walter Smith.

The snowball effect of time attributed to the new music created by each generation. The needs and wants of each generation are expressed through the lyrics and all have separate meanings. — Stephanie Vermillion

*After school, Jennifer Jones and Monica Chase relax as they listen to their walkmans. Walkmans and discmans were a popular source of music among Potomac students.*



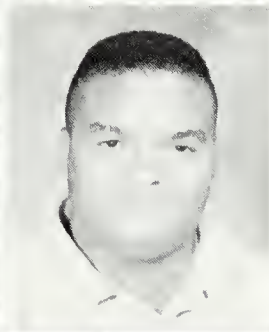
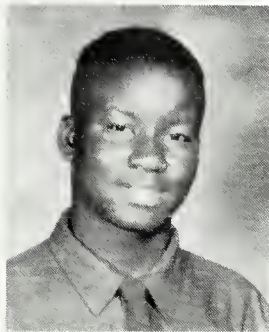
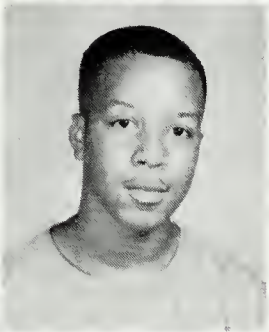
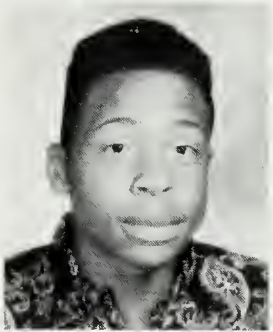




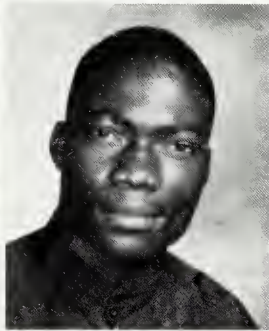
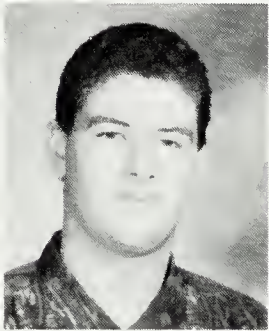
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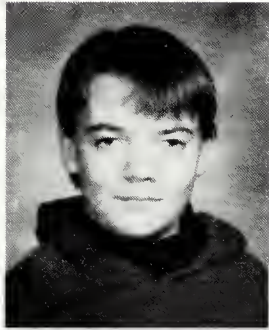
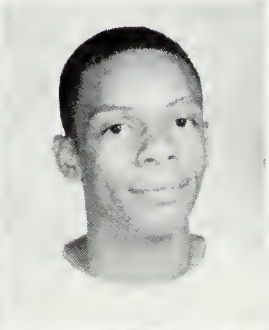
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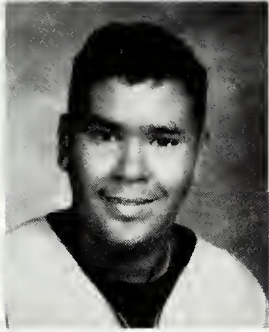
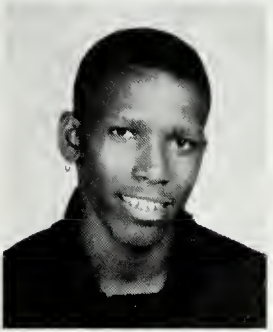
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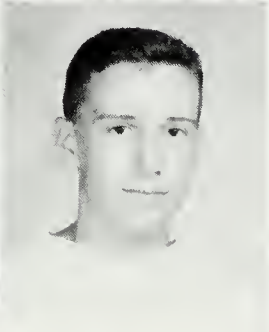
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Mike Roberts II



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Sarah Rollison 10  
Kim Rooker II  
Crystal Rook 9  
Gary Rose 10  
Mark Ross II  
Karen Roy II



# Tuning In

## Students watch new shows that reflect changing society

"WHAZZUP?"  
"YOU GO, GIRL!"

Do these phrases sound familiar? They are from the T.V. show "Martin". The new sitcom's dialogue peppered the conversations of students, demonstrating its popularity. The show was one example of the popularity of new shows which featured ethnically diverse characters. Tracie Powell said, "Martin is a show you'll never be disappointed in. It's always funny and it makes me wanna reach out and grab those ears!"

Another new comedy sitcom, "Hangin' with Mr. Cooper," also rose to the top. This show featured characters of different races and was set in a high school. Nikia Studevent said, "Even though I love Martin, I also like 'Hangin' with Mr. Cooper.'" Diana Duvall said, " 'Hangin' with

Mr. Cooper' is very funny and it's one of my favorites."

An old favorite which maintained its popularity this year was "A Different World." This show portrayed life in a black college. The five year old show has followed the characters from their freshman year in college to their lives in the "real world." "A Different World appeals more to blacks because the actors are black and it refers to what blacks have to go through in society," said Bill Ahmad.

Regardless of the race of the viewers, these shows featured ethnically and racially diverse characters and provided a realistic and humorous portrayal of today's continually changing society. — Susan Washburn and Dominique Pierre



Angela Newsome and Chaunta Parker take a break from working to talk about TV shows. Many students found that their friends had similar interests in TV shows.







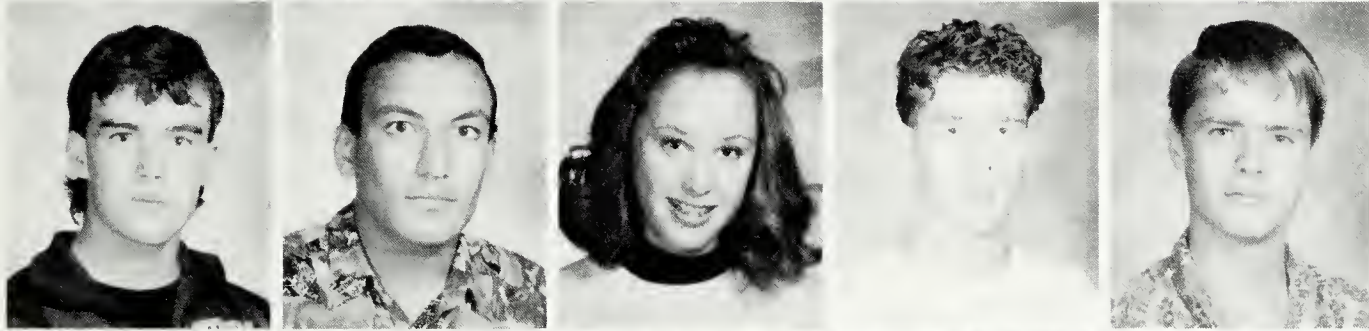
Jody Ruhren 9  
Peggy Ruhren 10  
Tami Ruhren 11  
Tonia Rumble 9  
Bryan Rumph 11  
Jake Rumph 10  
Kenric Russell 11  
Matthew Russell 11



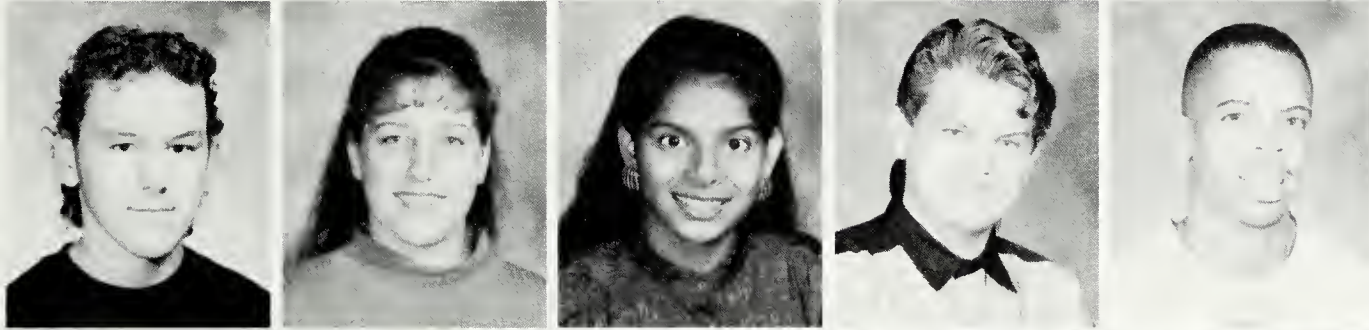
Nathan Russell 9  
Eun Jee Sablan 9  
Amanda Sackett 9  
Thomas Sanchez 11  
Gwendolyn Sarver 10  
Carol Savage 9  
Jason Saville 11  
Sarun Sawaiengmong 11



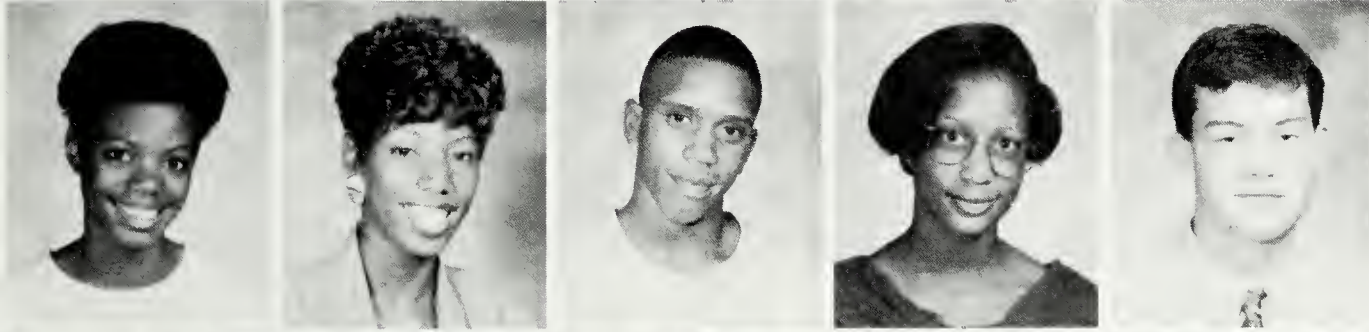
Shawn Schultz 11  
Kathryn Schwetje 11  
Stacy Scites 11  
Charley Scott 11  
David Scott 11  
Roger Scott 10  
Sonica Scott 10  
Cortina Scroggins 9



Fateh Shafeek 9  
Nasira Shafeek 9  
Maira Shea 11  
Ryan Sheehy 10  
Samer Shehada 10  
Stephanie Shield 10  
Michael Shifflett 10  
Curtis Shoffner 10



Jimmy Simmons 10  
Stacey Simmons 11  
Jerry Sims 10  
Chris Sinclair 9  
Michelle Sinclair 10  
Shivaulie Singh 9  
William Skidmore 10  
Anthony Skinner 11



Earl Skinner 11  
Chastity Skipper 9  
Pam Slater 11  
Camelia Small 9  
Latreece Small 11  
Alan Smith 10  
Antonia Smith 9  
Brian Smith 11



Christina Smith 11  
Devin Smith 11  
James Smith 11  
Jeff Smith 10  
Matt Smith 11  
Pamela Smith 11  
Richard Smith 10  
Sylvia Smith 10



# Technolgical Eating

## *Potomac implements new use of technology in lunch lines*

You knew it was lunch time when you saw excited students rushing down the hall. Lunch for students was not just a time to fill their bodies with junkfood (or nutrients); it was also a time to get together with friends and gossip about their daily experiences at school. But if they did decide to eat, there was a variety of food to choose from.

Throughout the cafeteria there were four lines to choose from, differentiated by the type of food each served. The four lines were: the "All American Food" line, the "International Food" line, the "Al a Carte With Pizza" line, and the "Al a Carte With Salad" line. "It was good to have four lines because they cut down the wait and gave us a better variety of food to choose from," said Michelle Foss. The four lines were important to students because they

allowed each student to choose his or her own meal.

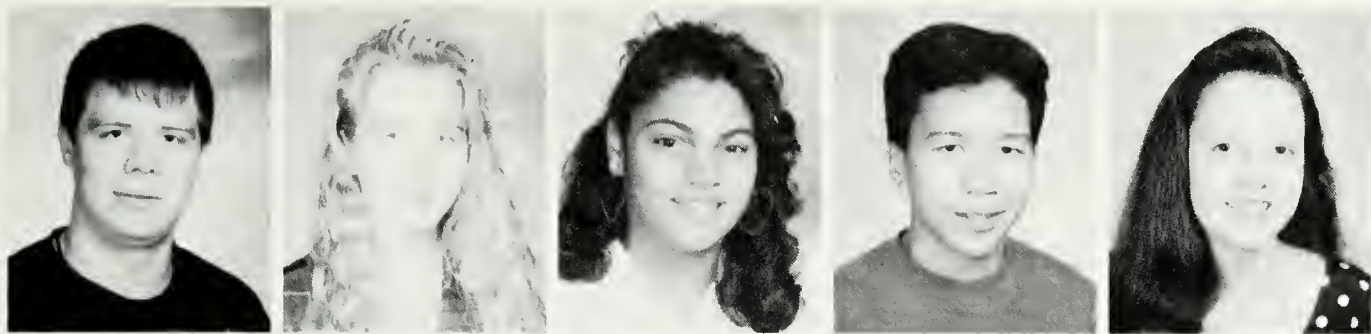
Not only did the students have different available lunch lines to choose from, but they also had different ways to pay for their food. Instead of using cash, some students used Scan Cards. The cards were similar to credit cards in that students could not go over their limits when purchasing food.

The combination of new organizational factors and technology made it easier on the students to proceed faster through the lunch lines. Changes such as these showed that Potomac was using technology to meet the needs of the students.— Stephanie Vermillion

*Andrew Chatman pays Mrs. for his lunch. Scan cards and specialized lines made lunch lines shorter, despite having three lunch periods rather than four.*



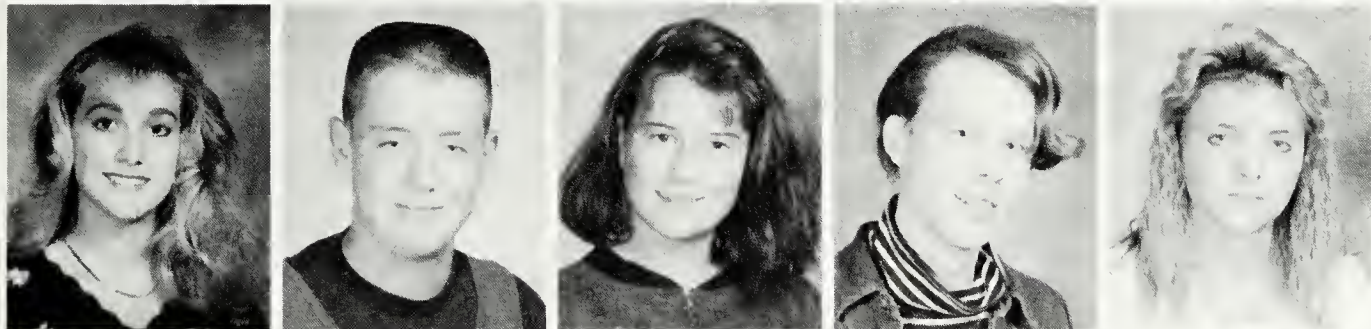




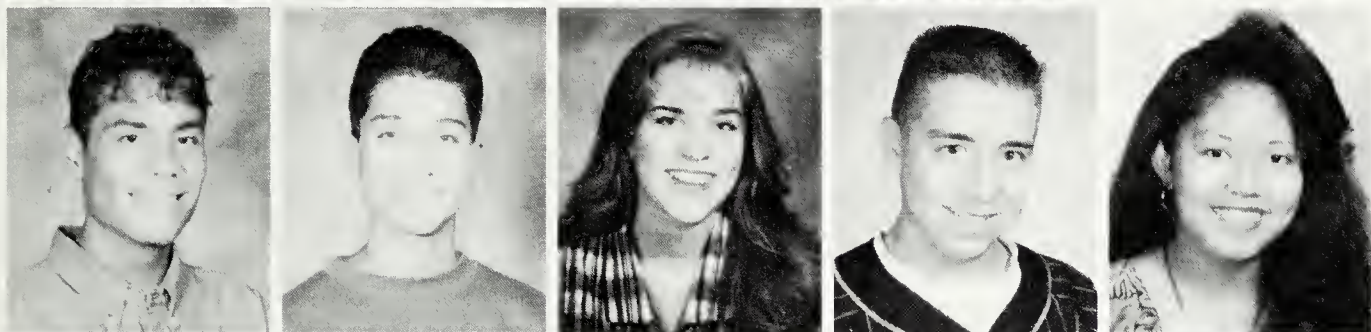
Vernitra Thomas II  
Fredrick Thompson 9  
Letitia Thompson II  
Jeff Thurston 10  
Jessica Tomasinski 10  
Demaris Torres 9  
Ken Tra II  
Carolyn Trexler II



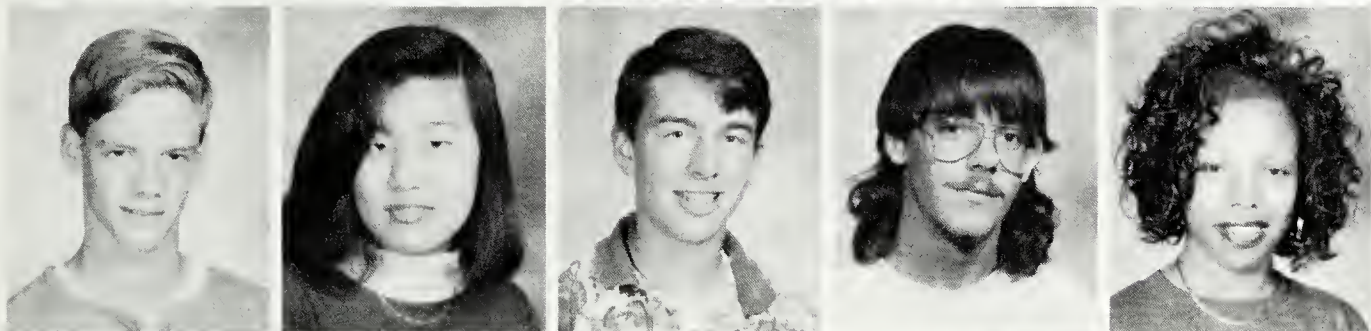
Michael Tribe II  
Denise Truax 9  
Stephanie Truax 9  
Brian Truslow II  
Maggie Tsang 9  
David Turk 9  
Cal Turner II  
Miranda Turner 10



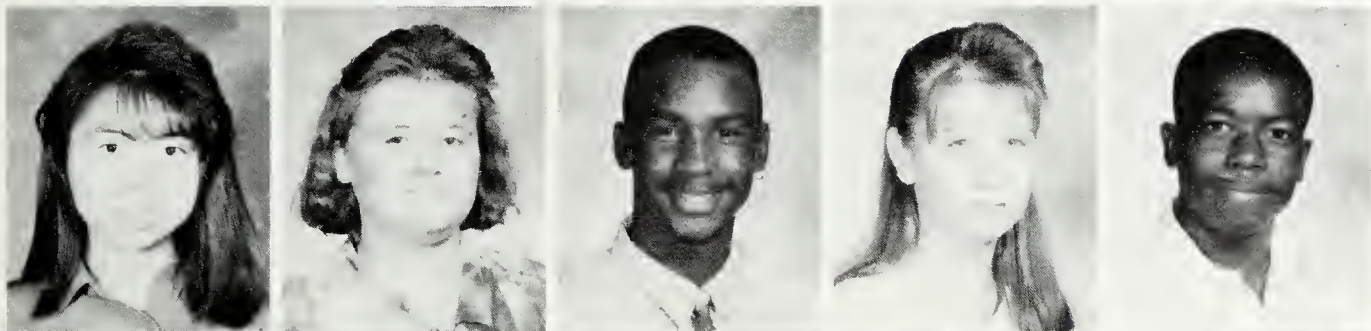
Jackie Twiner 9  
Venisa Tynes II  
Karen Uceda 9  
Heather Udell II  
Ryan Ulrich 9  
Kelly Underwood 9  
Casey Utterback II  
Angela Vance 9



Sara Van Ord II  
Mike Van Sumeren 10  
Billy Vazquez II  
Jorge Vega 10  
Ray Vialpando 10  
Nicole Viar II  
Vicente Villanueva 10  
Michelle Villareal 10



Sue Vongphakdy 9  
Adam Wagner 9  
Richard Wagreich 9  
John Wahala 10  
Sun Hee Waite 9  
Chris Wakefield II  
Kris Walker 10  
Gloria Wallace II



Samantha Wallachy II  
Brian Wallenius 9  
Kareem Waller 9  
Natalie Wang 10  
Jessica Wangner 9  
Cochise Wanzer II  
Casandra Ward 10  
Donald Warren 10



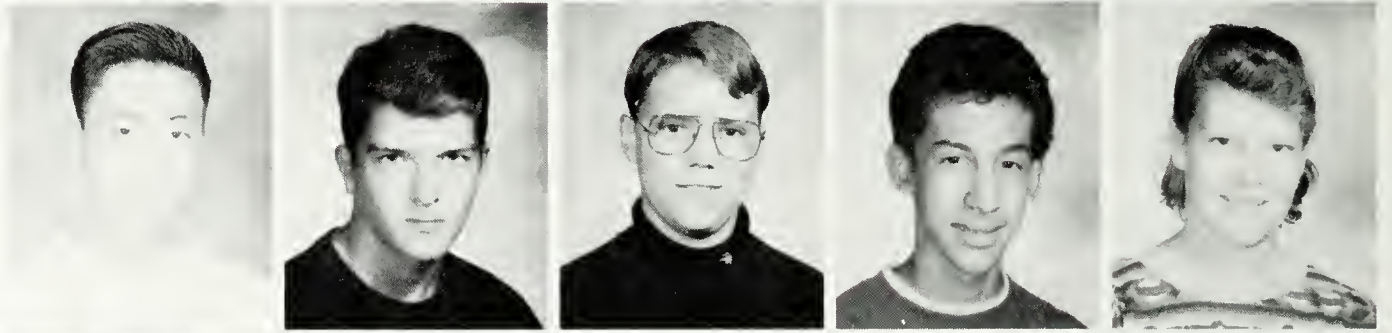
Jerome Warren 9  
Susan Washburn 9  
Darius Washington 10  
Ernest Washington II  
Shannon Washington II  
Genell Waters 9  
Taneshia Watkins 10  
Jay Webb 10



Tionne Smith II  
Walter Smith 9  
Jim Smith II  
Scott Snyder 10  
Shameeka Soares 10  
Shane Sobers 10  
Danny Solomon 10  
Esther Song 10



Mark Song 10  
Robert Sorber 9  
Kenny Sorrell 10  
Carlos Sotelo 9  
Susan Sowala 9  
April Spears 9  
Niesha Speights 9  
Michelle Spencer II



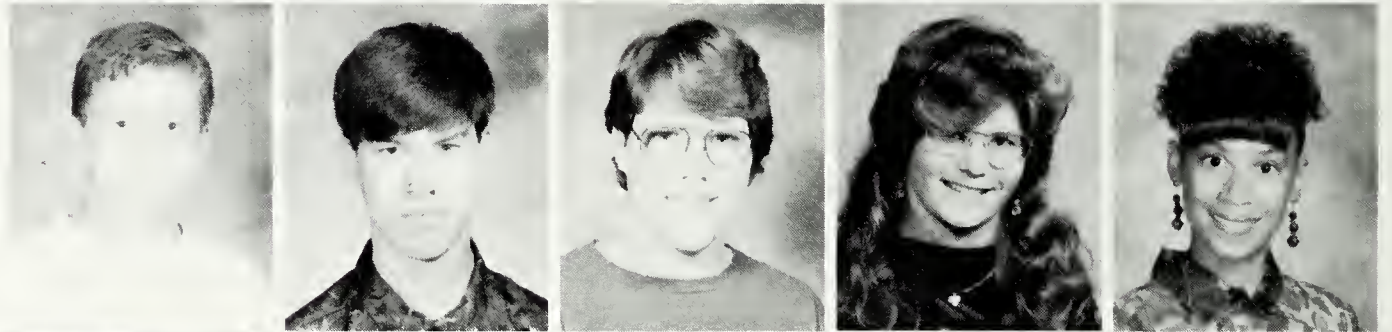
Myla Spencer II  
Jennifer Sprague 9  
Seth Sprague 9  
Steve Sprankle 9  
Shane Spurlin 10  
Jason Stadie 9  
Janie Stafford 9  
Roxanne Stanley 9



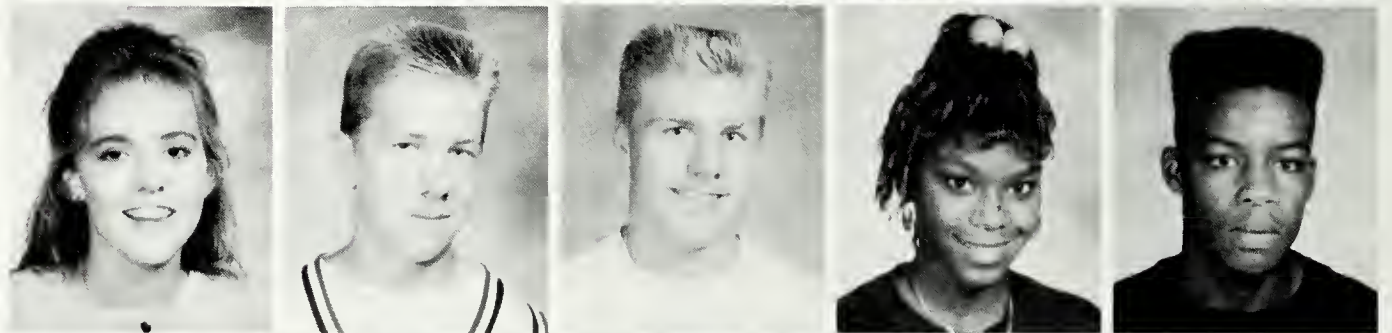
Shannon Stanley 10  
Vicki Stanley 9  
Tracy Stauffer II  
David Steelberg 10  
Abkar Stepanian 9  
Candace Stevens II  
Jennifer Stewart II  
Warren Stinson 9



David St. Jean 10  
Ronald Stone II  
Justin Stringfield 9  
Heather Stubbs 9  
Nikia Studevent 9  
Charisse Sullivan 9  
Karen Sullivan II  
Bryant Summers II



Angie Sunderlin II  
Danny Sutliff 9  
Bobby Sutliff 10  
Cherilyn Swanson 10  
Lamar Tabb II  
Sheryl Talde 9  
Edward Tauch 9  
Chris Taylor II



Jonathan Taylor 10  
Patrick Taylor 10  
Shawn Teague 10  
Katrina Terry II  
Trina Tew 9  
Ann Thayer 9  
Renee Theisen 9  
Theo Theodorakoglou 9







# Locker Mates

*Students found that sharing lockers had its pros and cons*

Wham!  
Bam!  
Boom!

Junk, not yours but your friend's, topples out of your locker and covers your shoes; this is how the day began for many students who moved in together by becoming locker mates.

Disorganization was one of the many problems of sharing lockers. Jackie Miller said, "It's weird how you just put something in your locker and then suddenly it disappears, and you know who took it, but then they end up denying it." Chasity Skipper said, "It's always a problem when both people are at their locker, and you can't get your stuff because your friend's standing right in front of the locker they take forever." Jackie Christian said, "You

might end up grabbing the wrong book, which means you might not have the homework for your next class."

These problems made some students not want to share a locker. "No, I wouldn't share a locker because it would be too much trouble," said Tommy McGrath. Brian Latere said, "It also depends if you can trust that person."

Other students ignored the problems and shared lockers. Students shared lockers when their friends were in need of locker space in a different part of the building. "Sure, I'd share a locker if someone really needed one, because if you needed a locker closer to your classes, wouldn't you want someone to share their locker with you?" said Kelly Underwood — Andrea Hayes



*While balancing her books, Sha-meeka Soars takes off her jacket. Sharing lockers was not always a luxury.*



# Far and Away

## *Students enjoy break to go on school trips*

When you think of school trips, what is the first thing that pops into your mind? Museums or Parks? Most students found trips outside of school were both fun and educational. "Schools trips are a lot of fun," said Jeremy Koontz.

School trips were also enjoyed because people were able to spend time with their friends and were confined to a classroom. After weeks of being in the same routine, student enjoyed the chance to go out and explore. "School Trips are OK because you get out of school and they're interesting and educational," Said David Potter.

While many school trips were educational in learning, their were also school trips that were educational emotionally and socialy. Some French student went to French Restaurant

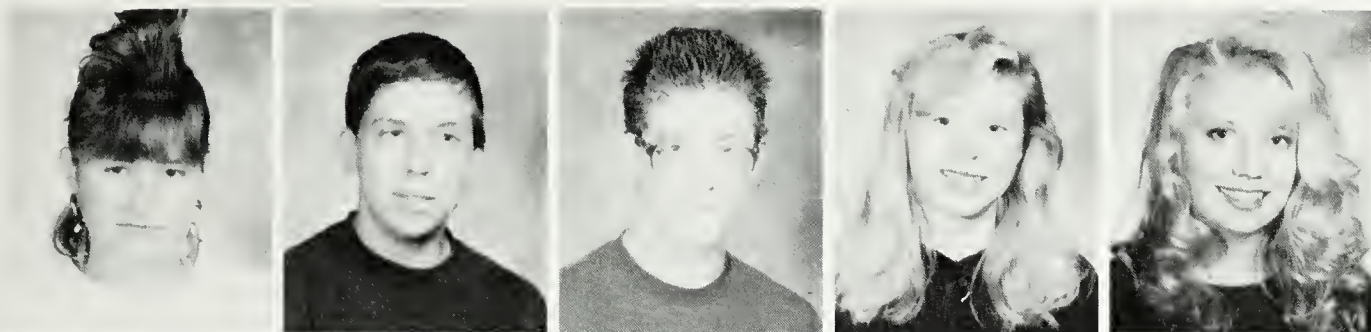
in Fredricksburg to get a better understanding of ordering French food and holding diner conversations. The Pulsar Club took a trip in early Fall to the Blue Ridge mountains to learn how to help other students with their problems. "I learned how to work in a team and made new friends at the same time," said Stacy Goldsmith.

There were also school trips for extracurricular activities that for pure entertainment. Members of the Drama Club went George Mason Univeristy to watch a performance of a "Christmas Carol" during Christmastime. They also went to Shakespeare's Theater to view "Hamlet" in January. No matter where the trip was or why people were, the important thing was to learn, and have fun. - Kari McCarley

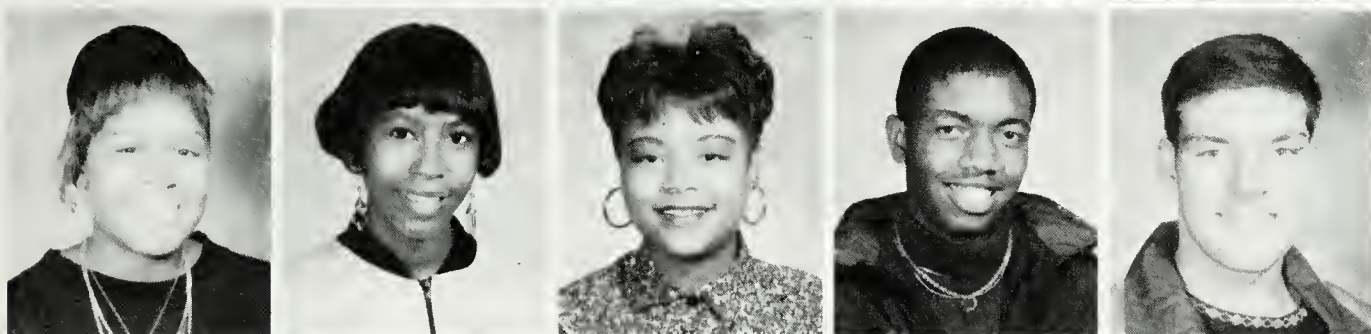
*Eric Novotny and Umer Ali study rock formations in caves. Students enjoyed taking school trips and trying new and interesting things away from the classroom.*



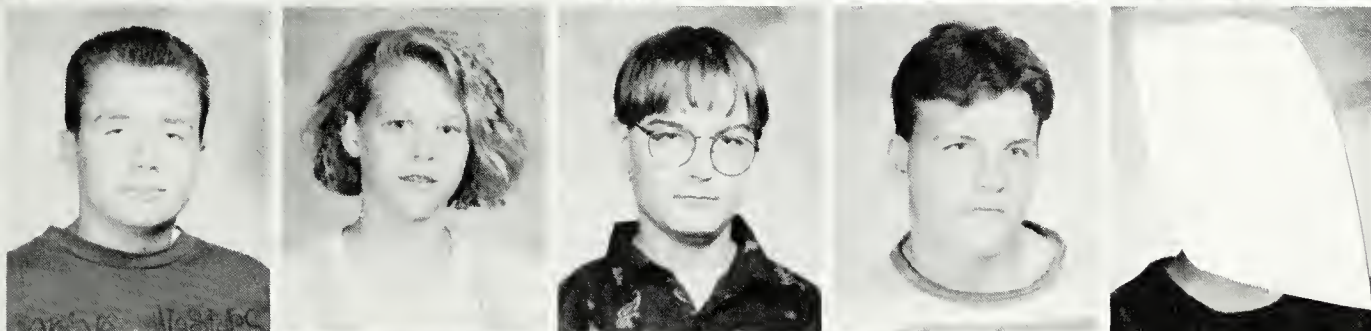




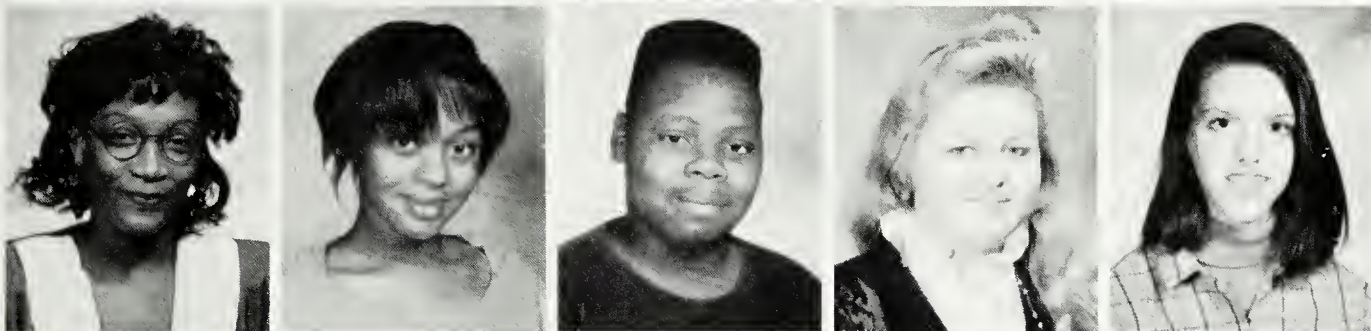
Orlando Webb 9  
Alfredo Weeks 9  
Theresa Weitzel II  
Pam Welty 9  
Dave West 9  
Josh West 10  
Andrea Wheeler 9  
Christen Wheeler 10



Benjamin White 9  
Derrick Williams II  
Floydette Williams II  
Latanya Williams II  
Sharonne Williams 9  
Tanginia Williams 9  
Tildon Williams II  
Tony Williams 9



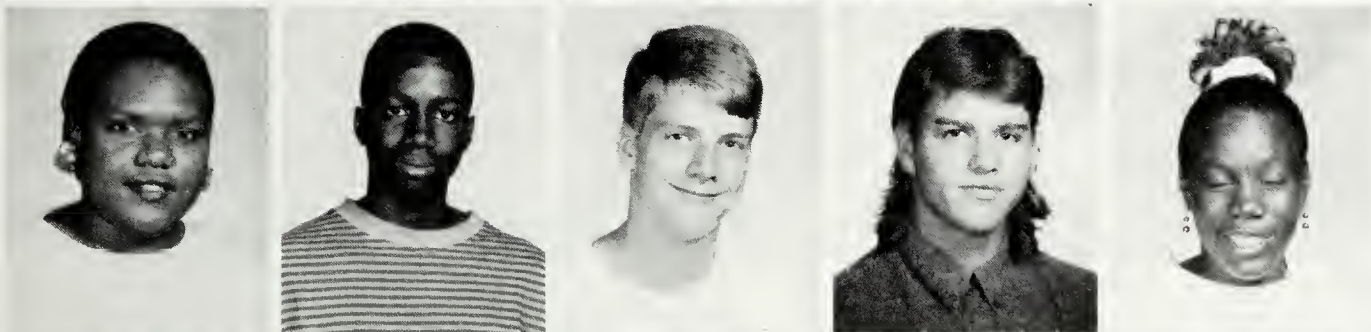
Tim Willingham 9  
Chris Wilson II  
Kenneth Wilson 9  
Matthew Wilson 9  
Angie Winn 9  
Shawn Witt 9  
Jeremy Wolford 10  
Michael Wolter II



Jeff Wong 10  
Victor Wong 10  
Edward Woods 9  
Tammy Woods 9  
Deborah Woolen 10  
Everett Woolen 9  
Winnie Woolfrey 9  
Ginny Worthington 10



Tanisha Wrenn II  
Jeremy Writt 9  
Jason Wynn II  
Dan Yalch 10  
Angela Yeboah 9  
Chrissy Yesko II  
Jason Young 9  
Erin Zane 9



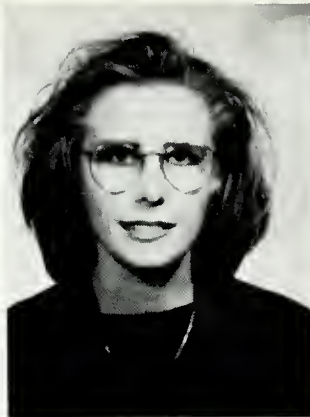
Porfirio Zelaya 10  
Jose Zenteno 9  
Precious Zimmerman II  
Tennille Zimmerman 10  
Kelley Anderson 10  
Shane Byrd 10  
Daniel Dawson 10  
Tennillia Freeman 9



Jennifer Greene II  
Michael Helbling 10  
Tinessa Herzog 9  
Reyann Littrell II  
Eric Lyons 10  
Angela Madagan II  
Mary Ratley 10  
Caren Tahan 9



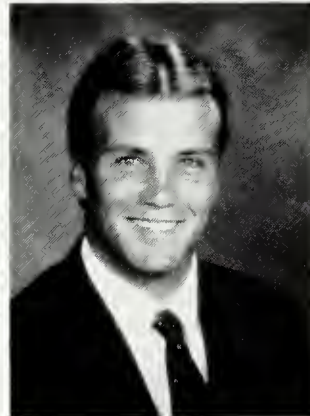
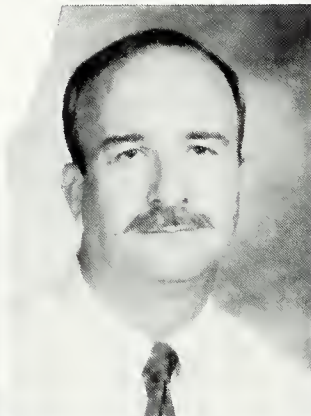
Michael Babuschak  
Louis Blount  
Natalie Bonshire  
Russ Bowling  
Rena Brooks



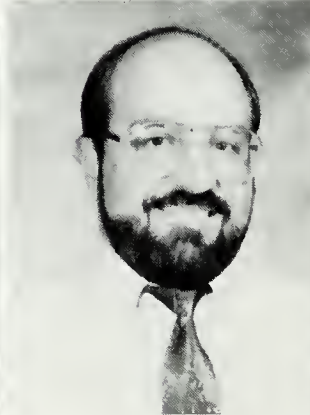
Jean Cahall  
Michael Campbell  
David Carr  
Carmella Ciemny  
David Colcombe



Kathleen Collins  
John Compel  
Michael Comerford  
Beth Conte  
Ann DiMedio



Al DeCarli  
Patricia Droles  
Janet Dunivin  
Michael Dyre  
Patricia Emmons



## Teachers At Play

Picture a scene of teachers gathered together at a party, talking about everything but school. Teachers got together several times during the school year. "Faculty socials are a great idea and they should have more. They build friendships," said Mrs. Allynn Baird.

One event was the Higgins Wedding Show-er. The party was held in the library, after school. Gifts were given to Mrs. Wanda Higgins and Mr.

Frank Higgins by the staff. Another event was a holiday party in the cafeteria after school. This was before the holiday on a Friday, so the staff could talk without the stress of school.

The highlight of the year was a faculty dance. "The dance at the Quantico Officer's Club was a good night for the faculty and staff to get out of the school environment," said Mrs. Cynthia Morrell.

With all the activities

that take place, even teachers enjoyed the time they had just to talk. "Faculty parties were an opportunity for the staff to get together and get to know each other outside of the school setting," said Mrs. Maureen Hajar. — Kris Applegate

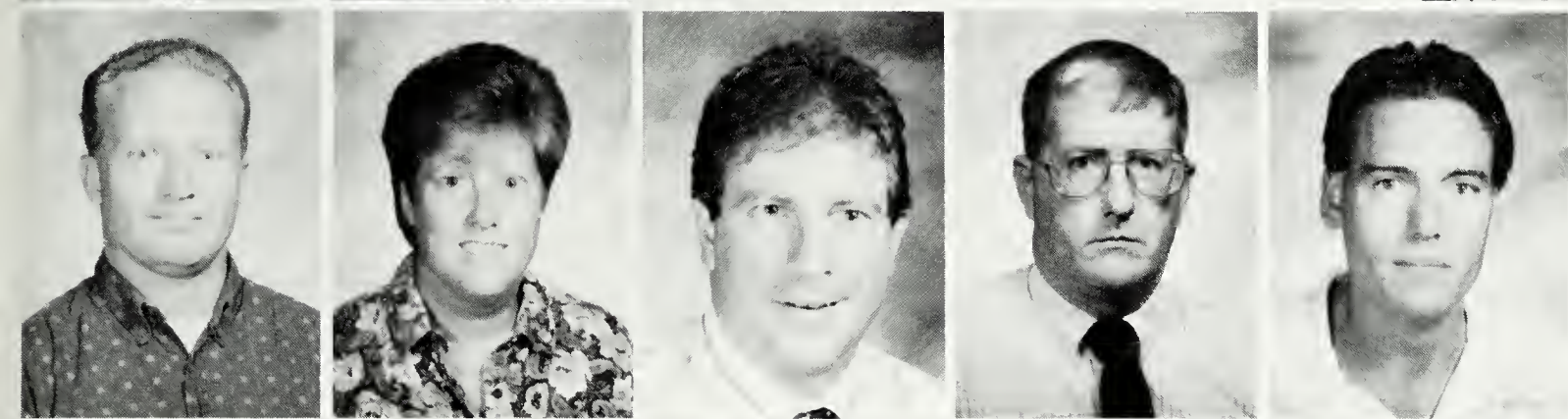
*Mrs. Wanda Higgins and Mr. Frank Higgins open gifts from the faculty. Social parties gave teachers opportunities to dance, talk, and get to know each other better.*



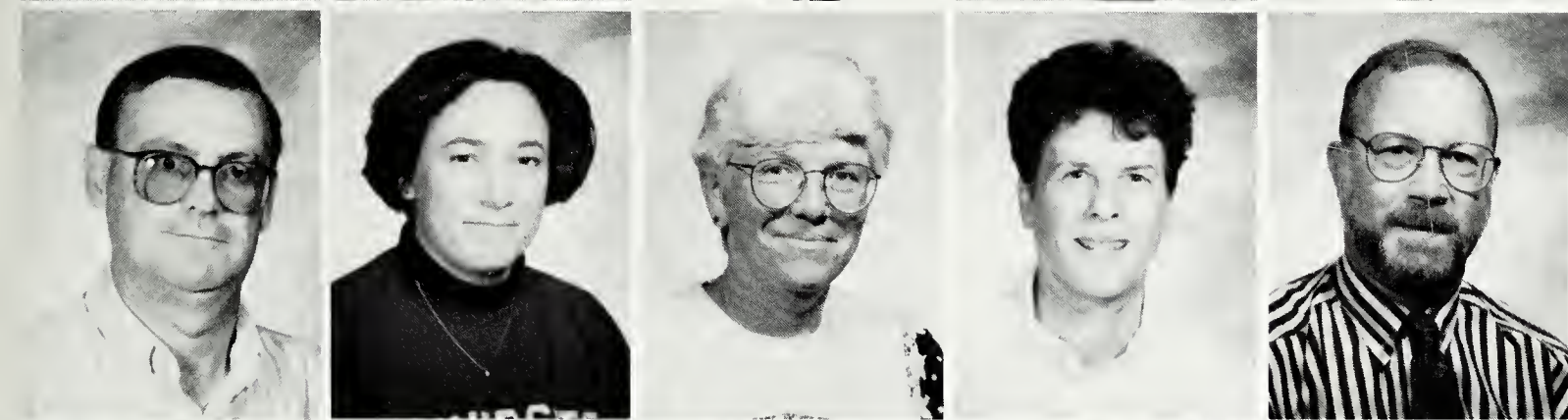




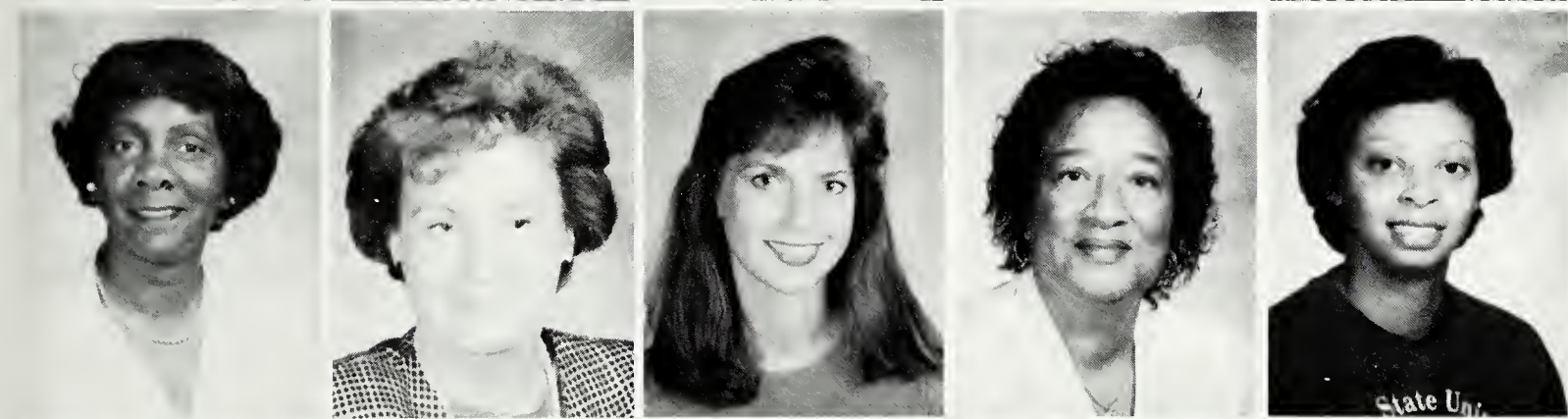
Michael Eye  
Jenny Forgas  
Jean Gaudet  
Patricia Ghiloni  
Tom Giska



Darren Gravatt  
Sharon Gregory  
Bob Hannan  
Gregory Hayden  
Kendall Hayes



Frank Higgins  
Wanda Higgins  
Maureen Hajar  
Faith Holcombe  
Bob Holley



Phyllis Hollis  
Lana Hootselle  
Michelle Hummer  
Vivian Ivey  
Anita Jackson



Aaron Jordan  
Dan Kearney  
John Kittell  
Virginia Kubiak  
Penny Lake



Carolyn Leggett  
Clarence Leggett  
Betsey Maloney  
Tom Mikus  
Alexandra Rustan



# What's to eat?

At the beginning of the school year problems arose for the students who had to stay later than 2pm for school activities, because activities didn't begin until 3:12 when seventh period ended. Hunger pains arose during this "free time" and the snack machines were often empty or out of order. Most of these students were unable to go home and grab a snack before their activity. The opening of Johnny's Junkfood Cafe,

a concession stand near the gym, solved these problems.

"I usually buy a soda and drink it while I wait for my boyfriend, Paul, to get out of his seventh period class," said Keri Collier. The concession stand menu consisted of Domino's pizza, candy, soda and popcorn.

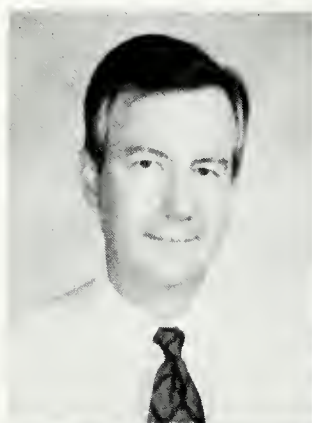
Johnny's Junkfood Cafe served not only as a convenient remedy for student's hunger pains, but it also raised money for clubs. For a week at

a time, representatives from a club would work at the concession stand after school. Seventy percent of the profits would go to the club and thirty percent went to VICA, the chief sponsor of the Cafe. — Stephanie Vermillion



*While drinking a soda from Johnny's, Crystal Ferguson and Renee Theisen await their rides in the main hallway after school. After two o'clock it was routine to find students scattered in the halls.*

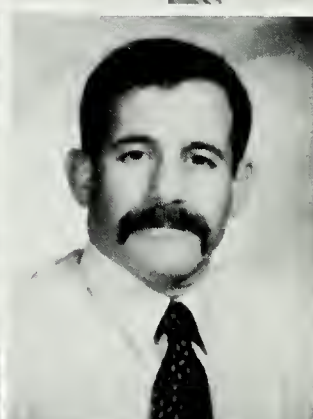
Barry Maguire  
Nancy Mattfield  
Sandy Mercer  
Gloria Miller  
Mary Sandra Moller



Cynthia Morrell  
Deborah Neuhard  
Dana Powell-Settle  
Louvenia Quash  
Leon Ragland



Jaqueline Rhodes  
Joyce Roach  
Alexandra Rustan  
Lorraine Sadler  
Don Scarr



Margaret Scoleri  
Kathy Scott  
Carol Secord  
Sally Shively  
Marlies Smith







After purchasing snack items from Johnny's Junk food, Lori Becker, Bilal Ahmad, Jason Stadie, Udell Allen, and Diana Duvall relax after a hard day of work.



Karen Spillman  
Bill Stearns  
Charlotte Stultz  
Kelley Sutliff  
Sally Vinroot

Carol Wakefield  
Alan Weberg  
Jewel Wineberger  
Joanne Willis  
Dora Wybersky

Michael Young  
Gary Zolman





Kevin Brown gives Mrs. Lana Hootselle a guidance note, while Eric Agustin gets a student's information. Guidance aides helped counselors by running errands and contacting classmates.

**Crystal L. Adams:** Symphonic Band 12, Band Front 9-II, F.B.L.A. 9, Black History 9-II, Cross Country 12, Track 9-12, Recipient of Alfa Sigma Theta Sororities Award for Academic Excellence, Track Most Improved

**Tracy Adams:** Yearbook 10-12, Junior Civitians II, Latin Club 10-II, Crew 9-II, J.V. Baseball Mng., Yearbook Editor-in-Chief 12

**Eric D. Agustin:** Teen Counseling 12, Junior Civitians 10-12, Football 9-12, Wrestling 9-12, PSS 10-12

**Vikki Allen:** Junior Civitians 9, Latin Club 10-II, Volleyball 9-10, Basketball 9-10, Softball 9-12, ICT 12

**Shawn Andrus:** Wrestling 10

**Chris Anthony:** Camarata Singer 11-12, Choir 9-12, Latin Club 11-12, F.B.L.A. 10, Soccer 9-12, Drama Club 9, Choir Vice-President 11

**Kris Applegate:** Yearbook 12, French Club 10, Gymnastics 10-12

**Marty Armentrout:** French NHS 11-12, NHS 11-12, TSA 10, Football 9, II, Cross Country 12, Track 11 12, Science Fair 9

**Jennifer Arroyo:** VICA 11-12, ICT 11-12, VICA Club Treasure 12

**Hakeem Atobajaiye:** DECA 11-12, Cross Country 10 12, Track 10-12, DECA Rep 11-12, SCA Rep 11-12, Cross Country Captain 11-12

**Allyson Babcock:** Junior Civitians 9-12, Volleyball 9, Basketball 9-12, Junior Civitians Vice-President 12, Historian 10-II, SCA Rep 10-II, Youth Salute Leadership Award

**Erika Banks:** Choir 9-II, F.B.L.A. 12, Black History 9, National Earth Summit, Alpha Pi delta

**Jim Barrows:** German Club 9-12, German NHS 11-12, NHS 11-12, Soccer 9-II, Science 11, PSS 10-12, German Club Treasurer 11-12, NHS Vice-President 12, SCA Rep 9, II

**William Beckman:** Symphonic Band 10-12, Football 9, Crew 10, Soccer 9, 11-12, PSS 11

**Amy L. Bell:** DECA 11, Football Mng. 10, Basketball 9-10, Softball 9-10, SCA Rep 9-10

**Gayla D. Bell:** Junior Civitians 10-II, Spanish Club 10-II, COE 12, Math Club 9

**Kevin Bell:** Symphonic Band 9-II, Football 9-12

**Steven Bellamy:** Black History 11, Football 9, Basketball 9-10, Science Fair 10

**Jason Beyer:** French NHS 10, NHS 11-12, Wrestling 9-12, Soccer 9-II, Mediators 10-12, PSS 11-12, Science Club 11, Youth Leadership Salute

**Paul A. Bielewicz Jr.:** Junior Civitians 10, NHS 11-12, It's Academic 12, Soccer 9, Cross Country 9-12, Track 10-12, Science 11-12, Science Fair 10, Cross Country Captain 11-12, Science Club Secretary, Vice-President 11, Youth Salute, Governs School for the Gifted

**Rachel Blake:** Newspaper 10-12, Spanish NHS 10-II, Signet 9-II, Volleyball 10-12, Basketball 9-12, Softball 9-12, Science Club 11,

Science Fair 9, Volleyball Captain 12, Science Club Secretary 11, Softball MVP, JV Softball Captain 10, Spanish Merit Award 9

**Brent D. Booker:** Teen Counseling 11-12, Junior Civitians 9-12, Key Club 12, Latin Club 9-II, Soccer 9, Leo Club 12, PSS 11-12, Junior Civitians Chaplain 12, President 11, Sgt-at-Arms 10, Boy's State, International Junior Civitians Club President of the Year

**Matthew Bowling:** German Club 9-10, F.B.L.A. 11-12, Football 9

**Deborah Boyd:** DECA 11, Black History 10, COE 12, DECA Class Rep 11

**Steve Boyd:** Junior Civitians 9-12, Soccer 9-12, Computer Club 9, Junior Civitians Sgt-at-Arms 11

**Michelle Boyette:** Choir 9, DECA 11-12, FHA 12, DECA Rep 11-12

**Beverly Brown:** VICA Club Secretary 12, All-State Award Orchestra

**Kevin Brown:** F.B.L.A. 12, Basketball 9-10, Golf 12, Baseball 9-II

**Rick Brown:** Choir 9-10, Spanish Club 10, Crew 9, VICA 11

**James V. Bubb:** Key Club 11-12, NHS 11-12, Cross Country 11-12, Track 10-II, Key Club President 12

**Michael Burns:** French Club 10, Latin Club 11, Tennis 9-12

**Matt Burton:** DECA 10, Spanish Club Vice-President 12, Baseball 12

**Molly Bushey:** Yearbook 10, French Club 11, PSS 12

**Bridget Byington:** Symphonic Band 10, Teen Counseling 11-12, Junior Civitians 9-10, 12, French NHS 11-12, NHS 11-12, Soccer 9-12, Mediators 10-12,

PSS 11-12, Xerox Award for Humanities and Social Sciences, Youth Salute

**Matthew Byron:**

**Collin Callahan:** Baseball 9-12, VICA 12

**Chris Canada:** Football 11-12, Wrestling 10, VICA 12

**Tracy Cheatham:** DECA 10-12, Cross Country 10-II, Track 10

**Suzanne Cipra:** Camarata Singer 11-12, Choir 9-12, Marching Band 9-10, Teen Counseling 11-12, Key Club 11-12, Drama 9-12, PSS 11-12, Choir Vice-President 12, Drama Secretary 12

**Chris Clayton:** F.B.L.A. 12, Black History 11, Cross Country 12, Track 11-12, VICA 10-12, Spring Track Most Improved

**Kari Collier:** Spanish Club 11, French NHS 12, Swimming 12

**Michelle Cook:** French Club 10-12, Yearbook 10, Crew 11-12, French Club President 12, Virginia Girls' State

**Claire Collins:** Choir 9-II, Cheerleading 9-12, Teen Counseling 11-12, Junior Civitians 9-12, Soccer 9-12, PSS 10-12, Junior Civitians Sgt-at-Arms 12, Youth Salute Council

**Melissa Connolly:** Newspaper 10-12, Peer Counseling 12, Crew 10, Track 9, SADD 9, Newspaper News Editor 11, Managing Editor 12

**Tyrone Cooney:** French Club 9-10, Latin Club 11, SADD 11

**Tara Cristian:** Literary Magazine 12, Orchestra 9-10, Teen Counseling 11-12, Full Orchestra 9-10, Soccer 9-12, Cross Country 11-12, Track 11-12, PSS 12, SCA 9, Girls' State 11, Olympic Development Team (Soccer) 10

**Bryan Curtis:** Latin Club 11, F.B.L.A. 11, Soccer 12, SADD 10

**Debra DeHarde:** Teen Counseling 12, Junior Civitians 10-12, Latin Club 10-12, NHS 11-12, Gymnastics 9-12, Track 9-12, Tennis 11-12, SADD 10-12, Junior Civitians President 12, Sgt.-at-Arms 11, SADD Secretary 12, Tennis Co-Captain 12, Gymnastics MVP 11, Most Improved 9, Female Junior Civitan of the Year 11

**Brady DeHoust:** Junior Civitan 10-12, Key Club 11-

12, Latin Club 11, Basketball 9-12, Leo Club 12, PSS 11, Key Club Vice-President

**Renee A. Dent:** Cheerleading 9-10, F.B.L.A. 9-12, DECA 11, COE 12, PSS 10

**Raelyn DeNinno:** F.B.L.A. 10-12, F.H.A. 10, F.B.L.A. Vice-President 12

**Timothy Deputy:** Symphonic Band 11, Marching Band 9, Football 10, Drama 10-12, Swimming 11-12, Drama Publicity Mng. 11

**Donna Desmond:** F.B.L.A. 11-12

**John DeVito:** Junior Civitians 10, Latin Club 11, F.B.L.A. 10, Football 11-12, Wrestling 10-12, Track 10, SCA Class Secretary 12

**Sara E. Dix:** Choir 9, Baseball Mng. 11, Crew 9-10

**Billy Dixon:** D.E.C.A. 12, Black History 9-II, Football 9-10, Basketball 9-10

**Bradley Dodds:** VICA 12, ICT 12

**Michael "Mikey" Dovberg:** Yearbook 12, Choir 11-12, Junior Civitians 9-12, NHS 11-12, Soccer 9, Drama 9-12, SADD 12, Panther Watch 12, PSS 11-12, Drama President 11, NHS Treasurer 12, Hugh O'Brian Youth Leadership Organization Alumni Vice-President, PWC "Youth Leader Of the Year", Boy's State, National Council on Youth Leadership "Jamie Harder" Memorial Award, Mr. Potomac 11, Homecoming King

**Sean Dowling:** Football 9, 11-12, Wrestling 9, Crew 9-10, 12

**Dawn Duarte:** F.B.L.A. 11-12, PSS 10

**Greg Duthie:** Spanish Club 12, DECA 10, Computer Club 12

**Meredith Dykes:** Teen Counseling 12, Peer Counseling 12, Junior Civitians 9-12, Key Club 11, French Club 9-10, Latin Club 11, FHS 11-12, NHS 11-12, Crew 10, PSS 10-12, Junior Civitians Sgt.-at-Arms 12

**Thomas Edgington:** Literary Magazine 12, Teen Counseling 11-12, Latin Club 9-12, NHS 11-12, Football 9-12, Basketball 9-10, Drama 10-12, PSS 10-12, Thespians of the Year 1991, County Youth Salute, Drama Club Vice-President 11-12, PSS Sec-



retary 12, Latin Club  
Treasure 12, NHS Sgt.-at-  
Arms 12, Literary Maga-  
zine Co-Editor 12

**Michael Epke:** Teen  
Counseling 12, Junior  
Civilians 11-12, Spanish  
NHS 10, NHS 11-12, Basket-  
ball 9-12, Golf 9-12, Base-  
ball 9, Science Fair 9

**Jason Erie:** Junior Civi-  
tians 9-12, NHS 12, Tennis  
9-12, Science Fair 12, PSS  
12, CYM Leader 12, Ten-  
nis MVP 11, CYM 10-12

**Darin Eskridge:** Com-  
mended National Merit  
**Matt Farran:** VICA 11

**Kristen Featherstone:**  
Marching Band 9-11, Key  
Club 11, Teen Counseling  
11-12, Basketball 9-11, Dra-  
ma Club 10-12, PSS 12,  
SADD 12, 100 Hour Pin for  
Candy Striping

**Catherine Flaherty:** Or-  
chestra 9-10, Teen Coun-  
seling 11-12, Junior Civi-  
tians 10-12, NHS 11-12, Bas-  
ketball 9, 11, Crew 9-12,  
Swim Team 12, PSS 11-12,  
PSS Treasurer 12, Crew  
Club Secretary 12

**Carly Flynn:** Newspaper  
10, 12, Peer Counseling 12,  
Junior Civitians 11-12, NHS  
12, Crew 9-10, Drama Club  
11, SADD 10, PSS 10

**Brian Fox:** Football 9, 11-  
12, Drama 11-12

**John M. Fox:** Junior Civi-  
tians 12, Spanish Club 10,  
Baseball 10, Leo Club 12,  
Math Club 9-11, Science  
Fair 9-10, History Club 9-  
10, SADD 9-10, Boy's State  
**Christle Gainey:** News-  
paper 11, Symphonic Band  
9-10

**Michelle Gammon:**

**Jeff Gardner:** Camarata  
Singers 11-12, Choir 9-12,  
Spanish Club 9-10, Base-  
ball 11-12, Science Club 10-  
12, Science Club Treas-  
urer, Choir Treasurer

**Anita "Nicole" Gatlin:**  
German Club 9

**Melissa Gill:** Junior Civi-  
tians 11-12, Volleyball 9-12,  
Crew 10, Volleyball Cap-  
tain 12

**Sean Glover:** French Club  
10, Latin Club 11, Math Club  
10

**Trisha Gomez:**

**Brandy Graham:** F.B.L.A.  
9-12, Choir 9

**Jennifer Gray:** Junior  
Civilians 10-12, French  
Club 10, Volleyball 9, SADD  
10-12, DECA 11, Junior Civi-  
tians Sgt.-at-Arms 11,  
Cheasapeake District

Junior Civitians Public Re-  
lations Coordinator 12,  
SADD Secretary 11, Vice-  
President 12

**James Green:** Junior Civi-  
tians 12, Crew 9-12, Sci-  
ence Fair 9, PSS 12

**Elizabeth Greenhalgh:**  
Pantherettes 9-12, Junior  
Civilians 11-12, Key Club  
11-12, Spanish Club 9-10,  
Soccer 11-12, Science Fair  
9, PSS 10-11, Pantherettes  
Captain 12, Key Club Sec-  
retary 12, Spanish Club  
Officer 10, Pantherettes  
J.V. Captain 11

**John Gregory:** Choir 9-11,  
Wrestling 10, Crew 11

**Chad Grover:** Symphonic  
Band 9-10, Cross Country  
11-12, Track 9-12, Science  
Fair 9-10, F.B.L.A. 12, Cross  
Country Most Improved 11

**Georgann Gunter:** F.B.L.A.  
11-12, DECA 10

**George Hall:**

**Kelley Haller:** DECA 12,  
F.H.A. 12

**Eun Ham:** Camarata Sing-  
er 10-12, Choir 9-12, Span-  
ish NHS 9-10, NHS 11-12,  
Leo Club 12, Drama Club  
9-12, Beauty Shop 11-12, All-  
District Choir 9-12, All-  
County Choir 9-12, All  
Virginia State Honors  
Choir 12

**Shana M. Haring:** French  
Club 9-11, Crew 11, Drama  
Club 10-12, PSS 11-12

**Melissa Harper:** F.B.L.A.  
11, DECA 10-12

**Robin Harris:** It's Aca-  
demic 10-12, Marching  
Band 10, Drama Club 10-  
12, Science Fair 9, PSS 11-  
12, Literary Magazine 11-  
12, Newspaper 10, Liter-

ary Magazine Co-Editor  
12

**Kirsten Haughey:** Teen  
Counseling 11-12, Junior  
Civilians 11-12, NHS 11-12,  
Tennis 11, Drama Club 10-  
12, SADD 9, 11-12, SADD  
President 12, Drama Club  
Publicity Officer 12, Dra-  
ma Club Stage Manager  
11, Navy-Marine Corps  
Relief Society 600 hour  
pin

**Jennifer Hayden:** Junior  
Civilians 9, German Club  
9-10, German NHS 10, 12,  
Crew 9-10

**Douglas A. Haynesworth:**  
F.B.L.A. 11-12, Cross Coun-  
try 12, Track 11-12, Foot-  
ball 11, Mediators 10-12,  
F.B.L.A. President 12

**Kimberly Hearn:** Year-  
book 9, Symphonic Band  
11, Pantherettes 11-12,  
Cheerleading 9, Teen  
Counseling 12, Spanish  
NHS 11-12, NHS 11-12,  
Pantherettes Sgt.-at-  
Arms 12

**Sean Heaton:**

**Wendy Heck:** Black His-  
tory 11-12, Black History  
Club Treasurer 12, SCA  
Representative 10-11

**Shelley A. Henkell:** Or-  
chestra 9-12, Junior Civi-  
tians 12, Key Club 11,  
Spanish NHS 11-12, NHS 11-  
12, Soccer 9-10, Drama  
Club 12, Science Fair 12,  
Orchestra Boosters Stu-  
dent Rep. 12, Spanish  
Award of Merit 9

**Jennifer L. Hillmar:** Light  
and Sound Club 11-12, Lit-  
erary Magazine 11-12, Lat-  
in Club 12, It's Academic  
9-12, Science Bowl 12, De-  
bate 10-12, Baseball 11-12,



David Johnson stops at his  
locker between classes. Five  
minutes provided students lit-  
tle time to go to their lockers.

Science Club 11-12, Latin  
Magna Cum Laude 11, De-  
bate Co-Captain 11, Cap-  
tain 12, Science Club  
Vice-President 12, Liter-  
ary Magazine Assistant  
Editor 11-12, It's Academic  
Co-Captain 12

**Stefanie Hipple:** Literary  
Magazine 12, Yearbook 9-  
11, Junior Civilians 10-12,  
Key Club 11-12, German  
Club 9-12, Crew 10, Drama  
Club 9, 12, PSS 10-12, Ger-  
man Club Vice-President  
11-12, Junior Civilians Lia-  
isons Coordinator 12

**Christopher J. Hobbs:**  
Teen Counseling 12,  
Spanish Club 10, Football  
11, Crew 9-12, Leo Club 11-  
12, PSS 10, Crew Captain  
11, Leo Club President 12,  
SCA Rep. 11, Rower of the  
Year, Eagle Scout

**Gretchen Hodges:** Ca-  
marata Singers 11-12,  
Choir 9-12, Teen Coun-  
seling 11-12, Key Club 11-12,  
French NHS 11-12, NHS 11-  
12, Drama Club 9-12, Choir  
President 12, All-County  
Choir 10-12, All-District  
Chorus 10-11

**Christine Holloway:**  
Newspaper 12, Choir 9-11,  
Junior Civilians 9-10,  
French Club 10, SADD 9

**Demetria C. Howard:**  
Teen Counseling 11, Peer

Counseling 10-12, NHS 11-  
12, Pulsar 11-12, Prince  
William County Youth  
Advisory Council 9-12,  
Prince William County  
Youth Services Board  
Member 11-12, Youth Sa-  
lute Council 12, County  
Supervisors 9-12

**Michael S. Howard:** Bas-  
ketball 9-11

**Kristi Humphries:** ICT 12  
**Melanie Hunnell:** F.B.L.A.  
10-11, Teen Counseling 12,  
Crew 10-12, Drama Club 9,  
SADD 10, PSS 12

**Christyna Hunter:** Junior  
Civilians 9-12, Junior  
Civilians Public Relations  
Coordinator 12

**Phokham "April" Iene-  
manyvong:** F.B.L.A. 11-12,  
Track 9

**Brenda Johnson:** Literary  
Magazine 12, Choir 9-12,  
Junior Civilians 11-12,  
Science Fair 12, SADD 12,  
Hospital Pin for Volun-  
teer

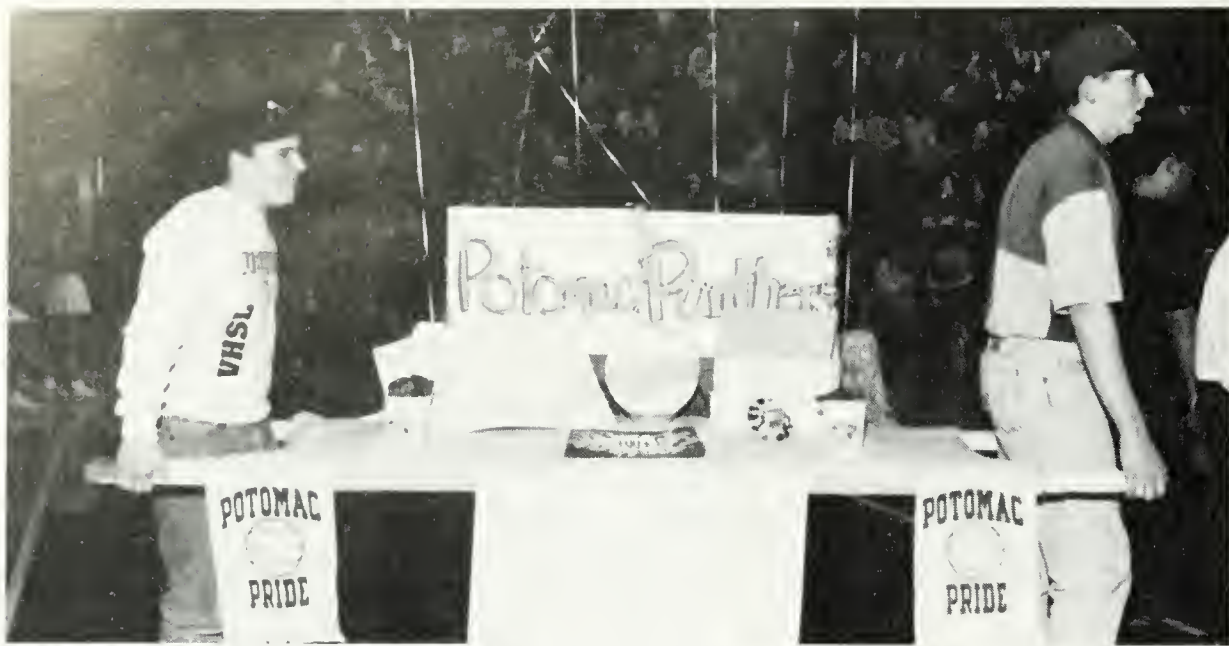
**David Johnson:** Delta  
Sigma Theta Award For  
Academics Excellence

**Eric Juggins:** Football 9-10  
**Alexis A. Katsarelis:**  
Cheerleading 9-12, Teen  
Counseling 11, Junior Civi-  
tians 11-12, Key Club 11-12,  
French Club 10, French  
NHS 11-12, NHS 11-12, Sci-  
ence Fair 11, PSS 10-11,  
Cheerleading Captain 12,



Jason Way, SCA President of  
Woodbridge, smashes a pie in  
Mikey Doverberg's face. The  
pie signified Woodbridge win-  
ning the Spirit Contest.





Chris St. Jean and Jeff Gardner display the senior float. Seniors placed 2nd in the Spirit Fest float competition.

#### Key Club Treasurer 12

**Patrick Keith:** F.B.L.A. 9, 11-12, Cross Country 10-12, Track 10-12, Indoor Track 10-12, Light and Sound Club 10-12, Drama Club 10-12, Science Fair 9, 12, PSS 10-12, International Thespian Society

**Scott Keith:** Pep Club 9-12, Cross Country 10-12, Track 9-12, Drama Club 9-12, PSS 11-12, Indoor Track 10-12, Light and Sound Club 11-12

**Moti Khanna:** Junior Civitians 10-12, Track 11-12, Tennis 11-12, Tennis Co-Captain 11-12

**Punna Khanna:** Junior Civitians 10-12, Drama Club 10, PSS 10, NHS 12, Junior Civitians Liason 12  
**Kimberly D. Kline:** Choir 10, Pantherettes 9-11, Teen Counseling 11, JuDnior Civitians 10-11, COE 12, Trainer 12, Softball 10, Drama Club 9-10, PSS 9-10  
**Bobby Knaup:** Literary Magazine 12, Junior Civitians 10-12, Latin Club 11-12, NHS 11-12, It's Academic 12, F.B.L.A. 10, SCA Rep. 9

**John Kraft:** Junior Civitians 11-12, Key Club 12, Latin Club 11, Soccer 9-12, Leo Club 12, Soccer Co-Captain 12, Latin Club President 11

**Melissa Krass:** Latin Club 12, F.B.L.A. 12, Volleyball 9, Basketball 9, SCA Rep. 11

**Cliff Kreiler:** Cross Country 10-12, Track 9-12, Cross Country Captain 11, Cross Country MVP 11-12

**Fanny Kreiler:** Crew 10

**Tanya Lacey:** Cheerleading 9-12, Teen Counseling 12, DECA 12, PSS 10-11

**Heather Lamberton:** Choir 9, DECA 10-11, DECA District Vice-President 12

**Simone Lamy:** Spanish Club 11-12, Debate 10, 12, Science Fair 10, 12, Debate Rookie of the Year, Delta Sigma Theta Sorority Leadership Award

**Dan Larrabee:** VICA 11

**Leslie Latimore:** Symphonic Band 10-12, Marching Band 9, Cheerleading 10-12, Junior Civitians 9, 12, NHS 11-12, Black History 11-12, Track 9, 11-12, Science Fair 9, PSS 9-12, SCA Class Treasurer 10, Black History Vice-President 12, Co-Captain Cheerleading 12, Youth Salute Award, Girl Scout Silver Leadership Award, All County Band, All Regional Band

**Wilson Lee:** French Club 11-12, Soccer 12, Track 11, Math Club 11-12, Science Club 11-12, Sound and Lights Club 11-12, International Club 10, Science Bowl 12, Science Club Secretary/Treasurer 12

**Youli Lee:** Choir 11, Math Club 12, International Club 11-12

**Matthew Lee-Torres:** Yearbook 12, Black History 11-12

**Keri Lester:** CYO Treasurer 11-12, Candy Striper 300 hour pin

**Andrian Lipscomb:** Yearbook 12, DECA 10-11, Basketball 10, 12, Wrestling 9, Track 12, VICA 12, ICT 12

**Teresa Lloyd:** Yearbook 12, Orchestra 9-12, Latin Club 9-12, Soccer 11-12, SADD 9-11, Panther Watch 12, PSS 9-12, Panther Watch President 12

**Chris LoPresti:** Literary Magazine Art Editor 11-12, Newspaper Art Staff 11-12  
**Sean Lublin:** Teen Counseling 12, Junior Civitians

11-12, Latin Club 11, Basketball 9-12

**Glenn Mackinlay:** Junior Civitians 11-12, Crew 9-12, Drama Club 11-12, PSS 11-12, Crew Treasurer 12

**Courtney Manuel:** Spanish NHS 10-11, Junior Civitians 11, Soccer 11-12, Indoor Soccer 11-12

**Christopher Marbaker:** Peer Counseling 11-12, Junior Civitians 9-12, SCA Rep. 10

**Mandi Marcopulos:** Choir 9-11, Pantherettes 10-12, Teen Counseling 11, PSS 12, Leo Club 11-12, Pantherettes Captain 12, Leo Club Secretary 12, All-County Choir

**Michael A. Mathern:** DECA 10, 12, DECA Photographer 10, Outstanding Fire Fighter Award

**Kevin McDonald:** Peer Counseling 12, Key Club 9-10

**Eric S. McDowell:** Black History 10, Football 9, VICA 12

**Steven McHugh:** Orchestra 9-12, Spanish NHS 11-12, NHS 11-12

**Anni M. McNamara:** Choir 9-11, F.B.L.A. 12, DECA 11, Gymnastics 10

**Erin Merica:** Junior Civitians 10-11, F.B.L.A. 11-12, Soccer 9-12, Science Fair 12, SADD 9-10, PSS 10

**Cornelius B. Miles:** VICA 11-12, ICT 12

**Wendy Miller:** Choir 9-12, Camarata Singer 12, Pantherettes 12, Teen Counseling 12, Key Club 11, French NHS 11-12, NHS 11-12, Drama Club 9-10, Science Fair 9, 12, Concert Choir Historian 12, All-County Chorus 11

**Lakisha Minter:** Choir 9, 11, Black History 11, COE 11  
**Lejune Moode:** Yearbook 11, Choir 9, Delta Sigma Award

**Kara Morseman:** Symphonic Band 11-12, Track 9-12

**Dorlisa Mosley:** National Art Society 12, Yearbook 12, Black History 11

**William "Sonny" Moss:** Junior Civitians 11-12, Football 9, Basketball 9-12, Baseball 9-12

**Katherine A. Mullarkey:** Cheerleading 9-12, Teen Counseling 11-12, Junior Civitians 9-12, French Club 9-10, Latin Club 11, PSS 10-12, Cheerleading Co-Captain 12, Junior Civitians Sgt.-at-Arms 12, Youth Salute Council, National Congressional Youth Leadership Council

**Matt Murphy:** Junior Civitians 11-12, Basketball 9, Baseball 9-12, PSS 11-12, JV Baseball MVP

**Erik Myers:** German Club 9-12, Soccer 9, German Club Vice-President 9

**Victoria Nelson:** NHS 11-12, It's Academic 9-12, Drama Club 9-12, PSS 9-12

**Angela Nester:** Pantherettes 9-11, NHS 11-12, Leo Club 9-12, Science Club 10-12, Science Fair 9, Pulsar 12, Science Club President 11-12, Leo Club Vice-President 11, Treasurer 12, VA Governor's School, VA Girl's State

**Tonya L. Newbanks:** Marching Band 9, Band Front 9, Softball 9

**Binh Nguyen:** French Club 9-11, French NHS 10-12, NHS 11-12, F.B.L.A. 11, Drama Club 9-10, French NHS President 12

**Kiet Nguyen:** Newspaper 10-12, French Club 11, French NHS 10-11, NHS 11-12, Newspaper Editor-in-Chief 12, French Club President 11

**Kathryn Nieves:** Peer Counseling 11-12, Junior Civitians 10-12, NHS 11-12, Crew 10-12, PSS 10, 12

**Tom Noto:** Latin Club 10-12, Football 9-12, VICA 11-12

**Ron Novak:** Teen Counseling 11-12, German Club 10-12, Junior Civitians 12, NHS 11-12, Football 9-12, PSS 10-12, German Club President

**Eric Novotny:** French NHS 11-12, NHS 11-12, Football 9, Basketball 9-11, Golf 12, Crew 9, Leo Club 9-12, Science Club 11-12, Science Fair 11

**Mike O'Brien:** Football 9-11, VICA 12, ICT 12, PSS 9-10, MVD 1990 National

**Deborah Osborne:** DECA 10

**Cynthia A. Pagan:** Literary Magazine 12, Choir 9, Drama Club 11

**Jose L. Pagan:**  
**Amanda Patton:** Camarata Singers 11-12, Choir 9-12, Junior Civitians 11-12, NHS 11-12, Crew 9-10, 12, Alto Section Leader Choir 11-12, All-County Chorus 9-12, All-State Chorus 11, All-Honors Chorus 12, All-District Chorus 10-11, Youth Leadership Salute 11

**Mark Pavlick:** Spanish Club 9, Wrestling 9-12, Golf 10-12, Track 9, Tennis 10, Drama Club 11, Senior Class Vice-President

**Tina Payne:** F.H.A. 9-10

**Stacy Pepling:** F.H.A. 11, Softball 9

**Jared Perreault:** Drama Club 9, F.H.A. 12, VICA 12

**Vat Phayvanh:** F.B.L.A. 10

**Amber Phillips:** Orchestra 9-11, Key Club 10, German Club 12, Crew 9

**Kari Phillips:** Junior Civitians 11-12, German NHS 11, Drama Club 10, Science Fair 11, German Club Secretary 11-12, National Art Society 12, National Art Society Vice-President 12

**Patrick J. Piccoli:** Latin Club 9-12, Science Fair 11, Latin Club Secretary 12

**Sandra Piper:** ICT 12

**Irene Porto:** COE 12, F.B.L.A. 12

**Steven Powers:** VICA 11-12

**Ian Prymak:** Orchestra 9-11, Wrestling 9-12, Baseball 9

**Lora Quinlan:** Orchestra 9-11, Latin Club 11-12, Concert Mistress 11, Drama Club 9, Science Fair 9, 11, All-County Orchestra 9-11

**Julio Quintero:**

**Tanya Radeke:** Choir 9-12, Cheerleading 9-12, Teen Counseling 11-12, Junior Civitians 9-12, French Club 9-11, Science Fair 9, 11, PSS 10, Senior Class Officer Treasurer 12, Junior Civitians Sgt.-at-Arms 12

**Mark Rapson:** Orchestra 9-12

**Timothy Reagan:** Junior Civitians 10-12, Wrestling 10-12, Soccer 12, Track 9, Lacrosse 9

**Lakisha Ridley:** Orchestra 9, Cheerleading 9,



French NHS 10-12, NHS 11-12, Volleyball 10, Basketball 10, Tennis 11-12, Mediators 10-12, Tennis Most Improved Player

**Liam Riley:** VICA 11-12, Drama 11

**Christopher M. Rinker:** Orchestra 9-10, 12, Symphonic Band 10-12, Marching Band 9-12, German Club 11, Jazz Band 10-11, Marching Band Drum Major 11-12, All-City Honors Band 9-11, District Band 11, North VA Youth Symphony 11-12

**Renee E. Roberts:** Black History 9-11, Basketball 9-10, 12, Track 9-12, Black History Treasurer 11, Parliamentarian 10, Track MVP

**Ashley Rogers:** Teen Counseling 11-12, Junior Civitians 11-12, French Club 9-11, French NHS 9-12, F.B.L.A. 10-12, Crew 10, Soccer 9-12, PSS 9-10

**Melanie Rogers:** Cheerleading 9-12, Junior Civitians 11-12, Soccer 10-12, Cheerleading Captain 12

**Rachel Rogers:** Newspaper 9, Key Club 9-10, DECA 11, Drama Club 12

**Matthew R.:** NHS 11-12, Golf 12, Soccer 10-12, PSS 10-12, PSS President 12, SCA Rep. 11, Homecoming Prince 11

**Paul Ruecker:** NHS 11-12, Football 9, Golf 10-12, Leo Club 11-12, Science Club 11-12, Science Fair 11-12, Leo Club Vice-President 12

**Lee Rumley:** Symphonic Band 11-12, Marching Band 10-12, Baseball 9, Soccer 9-12

**Stew Rumley:** Symphonic Band 11-12, Marching Band 10-12, Baseball 9, Soccer 9, 11-12, Science Club 12

**Renee Ruffing:** Teen Counseling 11, Peer Counseling 12, Junior Civitians 10-12, Key Club 12, French Club 11, Crew 9-12, Math Club 12, SADD 12, PSS 11-12, Crew Girl's Captain 11, Crew Club President 11, Secretary 10, Most Improved Oarswoman 10, Science Fair 11

**Angela Sackett:** Cheerleading 9-12, Peer Counseling 12, DECA 11-12, Cheerleader Captain 9, Youth Salute Award

**Jeremiah Sahlberg:** Peer Counseling 12, Junior Civitians 10-12, Crew 9-12, Swim Team 12, Drama

Club 11-12, PSS 10-12, Drama Club Sgt.-at-Arms 12, PSS Vice-President 12, SCA Officer 10, Crew Vice-President 11

**Micah Saunty:** Symphonic Band 9-12, Marching Band 9-10, Junior Civitians 11-12, Crew 9-12, Cross Country 12, Jazz Band 9-10, PSS 11-12, Full Orchestra 11-12, Crew Club Vice-President 12, PSS Historian 12, Crew Coxswain 12, Coxswain of the Year 1990

**Jennifer Scudamore:** Junior Civitians 12, German Club 12, Volleyball 12, Basketball 9-11, Soccer 9-12, Track 12, Soccer Captain 11, Basketball Best Rookie 10, Soccer Most Improved 10

**Patricia "Darlene" Simmons:** FHA/Hero Reporter 12

**Brian Simpson:** F.B.L.A. 10, VICA 11-12, ICT 11-12

**Walter Smith:** Teen Counseling 12, German Club 11-12, German NHS 11-12, NHS 11-12, It's Academic 12, Tennis 9-12, Science Fair 9, NHS President 12, George Washington Engineering Medal '92, Daimler-Benz Award of Excellence '92

**Mike Smullen:** Social Studies Club 10, Newspaper 12, Soccer 9-12, Science 12, Soccer JV MVP

**Desiree Snyder:** Peer Counseling 10-12, Latin Club 12, Drama Club 10

**Joseph F. Somosky:** Yearbook 12, Symphonic Band 10-11, Football 10-11, Baseball 10

**Chris St. Jean:** Camarata Singer 10-12, Choir 9-12, Teen Counseling 12, Latin Club 11, French NHS 10-11, NHS 11-12, It's Academic 9, 11-12, Baseball Mngr. 9-12

**Amy Stanley:**

**Angela M. Stanley:** Yearbook 10, Junior Civitians 9-10, French Club 10-11, Latin Club 11-12, Volleyball 9, Softball 9, Science Club 12, PSS 10, COE 11

**Tony Steele:** Junior Civitians 11-12, Key Club 12, Spanish NHS 11, Football 9, SADD 10, PSS 11-12, Junior Civitians Lt. Governor 12

**Paul Stieglitz:** Symphonic Band 10-11, Marching Band 10, Crew 10-12, Cross Country 9, Track 9, Jazz Band 9-10

**Shane Stitts:** Golf 9-12, Baseball 9-12

**Brian Stone:** Wrestling 9, F.B.L.A. 9, DECA 11-12, Baseball 9-12, PSS 11, DECA President 12, Baseball JV Captain 11

**Randall Sullivan:** VICA 12, ICT 12

**Kevin J. Swinton:** Football 9-12, Track 10-12, "Mr. Track" Award, "Spotlight on You" Award

**Nicole Swistak:** Junior Civitians 11-12, Spanish Club 9-10, NHS 11-12, Volleyball 9-12, Crew 9-11, Volleyball Captain 12

**Stacie Tarbet:** Symphonic Band 9-11, Marching Band 9-12, Teen Counseling 12, Spanish NHS 10-12, NHS 11-12, Soccer 9-12, PSS 11-12, Swim 12, Full Orchestra 12, SCA Rep. 9-11, Girl's State 11, Coaches Award



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**Carrie Taylor:** Swim 11-12, Cheerleading 9, Spanish Club 12, NHS 11, DECA 11-12

**Larry Teague:** VICA 11-12, ICT 12

**Delfa Telleria:** Spanish Club 10-12

**Torrey Terry:** Football 10, 12, VICA 12, Black History 10, Ice Hockey 9

**Scott Thompson:** Junior Civitians 9, 12, Spanish Club 12, Latin Club 11, Spanish NHS 11-12, Basketball 9, Science Fair 12

**Vince Tra:** Football 9

**Jeff VandeSand:** Science Fair 9, NHS 11-12, Baseball 9-12, Junior Civitians 9-10, 12

**Inna Vakser:** Camarata Singer 12, Choir 9-12, Pantherettes 12, Teen Counseling 11-12, NHS 11-12, Basketball 9-11, NHS Secretary 12, Choir Secretary 12, All-County Choir 10, 12

**Stephanie Vermillion:** Yearbook 10-12, Junior Civitians 11, Soccer 11

**Patricia A. Villasana:** DECA 11-12

**Shaun R. Vunder:** Yearbook 12, Symphonic Band 9-12, Marching 9-12, Basketball 9, Golf 9-10, 12, Jazz Band 9-10, Marching Band Percussion Captain

Jason Erie and Karl Peskie work on a computer in Electronics class. This class gave students experience in technology.

Chris Hobbs looks up a student's class to bring him a guidance note. Students could be a guidance aid or take a class.

12, Santa Clara Vanguard Drum and Bugle Corps  
**Susan Walcroft:** Crew 10-12, Band Front 9-12, Latin Club 9, PSS 12, Flags Captain 12

**Rachel Welty:** Choir 9-11, FHA 11, ICT 12, National Latin Award of Merit

**Elizabeth Wheeler:** Marching Band 9, Band Front 9, FHA 10-12, Crew 9-10, FHA Treasurer 12

**Karen White:** DECA 11-12  
**Kevin Wilson:** Camarata Singer 12, Choir 9-12, Football 9-12

**Cally Woolfrey:** Camarata Singer 11-12, Choir 9-12, Marching Band 10-11, Drama Club 9-12, Beauty Shop 11-12, Camarata Singer Assistant Director 11-12, All-County Choir 10-12, District Choir 11-12

**Shane C. Wright:** F.B.L.A. 11, DECA 12, Black History 10-11, Football 9-12, Basketball 9-12, Baseball 9-10, 12, Track 10-12, SCA Rep. 11

**Regan Wynne:** Choir 12, Cross Country 9-10, Swim Team 11-12, Drama Club 10-12, Drama Historian 11-12  
**Andy Years:** Junior Civitians 12, Basketball 10, F.B.L.A. 11-12

**Matt Yohey:** Football 9-10, Baseball 9-12

**Jeff Young:** Football 9-12, Track 11-12, VICA 11-12





*Mr. Joe Cardinale assists Bucky Daniels and Bucky Powers with the floor shears. They used the machine to cut sheets of metal, which they later formed into personal tool boxes.*

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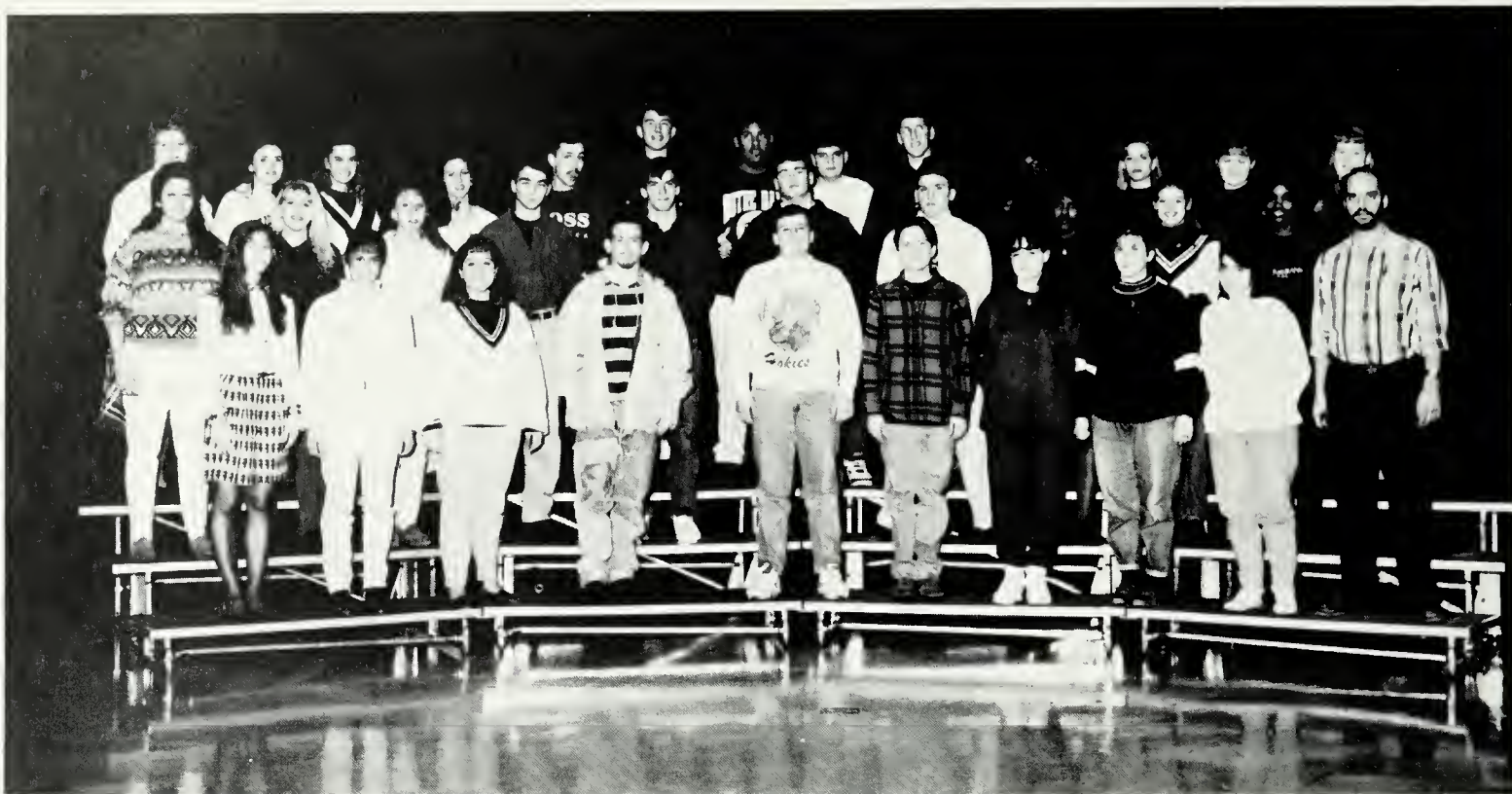
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Concert Choir, 1st row: Sara Boyce, Suzie Cipra, Cally Woolfrey, Chris Anthony, Chris St. Jean, Livingston LoPresti, Stacey Bradshaw, Amanda Patton, Brenda Johnson, Mr. Allan Weberg. 2nd row: Ashley McCormack, Christy Anderson, Inna Vasker, Anthony Johnson, Regan Wynn, Kirby Clark, Kevin Wilson, Tionne Smith, Susan Blanton, Bernadette Burley. 3rd row: Robyn Purdy, Tanya Radeke, Kerri Adams, Robert Owen, Chris Wakefield, James Mercado, Chad Allen, Jeff Gardner, Shaunta Frazier, Kathryn Schwetje, Gretchen Hodges, Pam Slater.



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Treble Choir, 1st row: Celma Ayala, Jerene Rogers, Meloney Carl, Terra Merrbach, Beth Henson, Nora Bates, Heather Stubbs, Angela Green, Rose Gordon, Nicole Aquino, Amie Dotson. 2nd row: Wanda Brown, Adelle Allen, Peaches McClean, Kelly Underwood, Sonia Scott, Debbie Prespare, Miracle Watson, Cassandra Ward, Hope Green, Twanna Johnson, Tyra Jennings, Mr. Allan Weberg. 3rd row: Summer Smith, Tanginia Williams, Nasira Shafeek, Angie Bates, ReRe Burruss, Nomikka Hunter, Amanda Sacket, Kelly Plaugher, Amber Chipps, Angela Vance, April Lewis.

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Beauty Shop Quartet: Suzie Cipra, Cally Woolfrey, Amanda Patton (not pictured: Eun Ham).

Bass Choir, 1st row: Vernon Ely, James Smith, Tony Johnson, Martin Boone, Chad Allen, David Zdan. 2nd row: Wanda Brown, Billy Bernhardt, Robert Owen, Anthony Skinner, Carlos Sierra, Mike Butts, Mr. Weberg (not pictured: Mike Johnson)







*Lionel Perez enters the second draft of his autobiography into the Apple II computer in his English class while Kim Davidson uses the Apple II GS to edit her essay on modern American music.*

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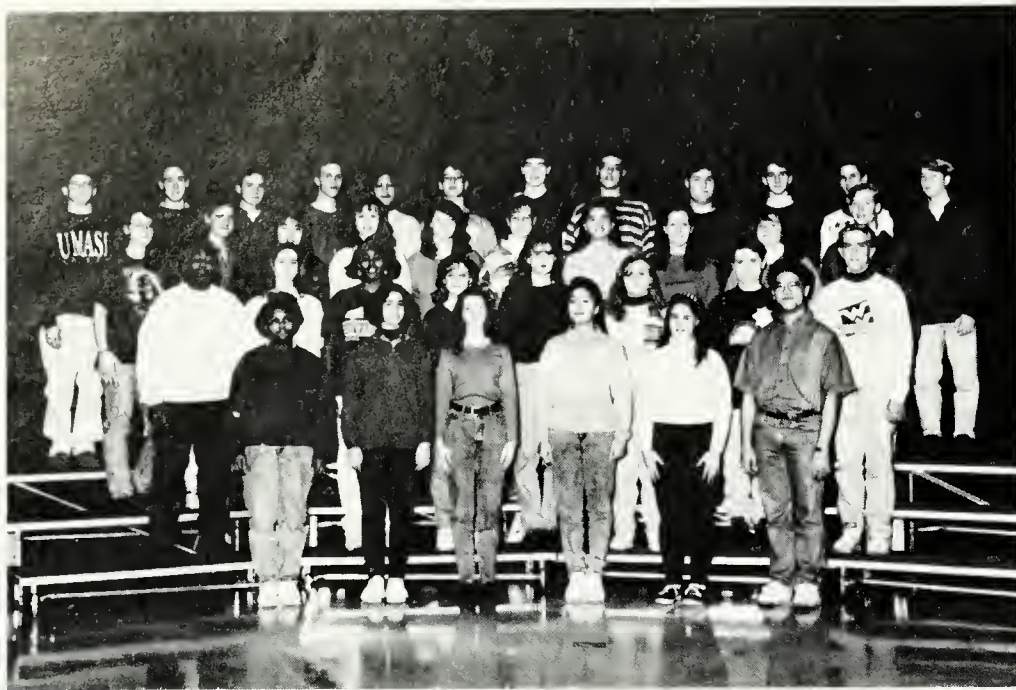
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*Coach Frank Higgins anxiously awaits the outcome of a foul shot with Ann Taylor, Tonia Rumble, Beth Henson, Stacy Adams, Nasira Shafeek, Beth Graves, Danielle De-nault, and Joanne Gee.*







Front Row: C. Adams, J. Paula, C. Friend, V. Garcia, B. Hasychak, R. Borneo. 2nd Row: D. Moore, T. Rumble, T. Anderson, T. Neidig, M. Nicholson, B. Knight, K. Sorrell, C. Rinker. 3rd Row: K. Morsemann, A. Hayes, N. Wang, S. Shields, T. Farran, E. Jarabak, G. Sarver, P. Evans, C. I Broomall, L. Rumley. Back Row: J. McGovern, S. Vunder, W. Beckman, J. Nix, G. Garcia, C. Crawford, T. Dodson, T. Brewer, S. Sobers, M. Sauntry, J. Agnew, S. Rumley.

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 Angie Winn, Kirstin Heffner, Tamara  
 Farran, Robert Guerra, Chris Copen-  
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 Charles Scott, Eric Henson, Katrina  
 Terry, Christine Wheeler, Stacey  
 Simmons





*Cheerleader Jamie Ardaiole paints a sign to hang in the locker bay prior to a home basketball game. In addition to cheering at the games, the squads promoted attendance by decorating the halls.*

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*Mr. Aaron Jordan dons a halo and joins the choir for their winter holiday concert, performed during a school-wide assembly as well as in the evening for parents and friends.*



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 Woods, Edward 74, 196  
 Woods, Tammy 196  
 Woolen, Deborah 196

*Nasira Shafeek and Rhiannon Burruss share a smile over lunch. Despite long lines, noise, and overcrowding, lunchtime was eagerly enjoyed.*





## Specifications

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The 1992 Prowler recieved a First Place rating from the Virginia High School League.

*A special thank you to our friends, family, and teachers for your support, tolerance, and understanding through all of the stress and hard work that went into the making of this book.*

## Colophon

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## Thank you...

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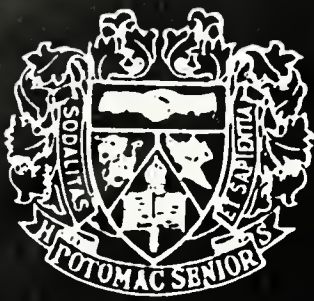


Front row: Tracy Adams, Charles Dougherty, Kris Applegate 2nd row: Lisa Mosely, Teresa Lloyd Back row: Theresa Weitzel, Shaun Vunder, Stephanie Vermillion Not pictured: Joe Somosky, Kari McCarley, Stacy Goldsmith



Mr. Campbell greets the guest of honor at the Meadow Muffin Raffle, held at Hylton High to raise money for Grad Night.





"Hey, Andrea, the theme of the 1993 Prowler is 'seize the moment'. What does 'seize the moment' mean?"

"Well, I don't know. I guess it has something to do with what you do in your spare time."

"Julie, let's go ask around."

"Great idea! There's someone over there studying on the floor; let's ask her."

"Hi, what's your name?"

"Pam Slater."

"What does 'seize the moment' mean to you?"

"Well, I apply myself, and I do my work."

"Ok, thanks!"

"Let's go ask those two."

"Hi, what is your name and what does 'seize the moment' mean to you?"

"My name is Victor Wong and to seize the moment I study hard and do all my work."

"Ok, and what's your name, and what does 'seize the moment' mean to you?"

"William Skidmore ... and I just pay attention and take notes."

"Andrea, there's Lori Becker."

"Lori, what do you do to seize the moment?"

"I play volleyball, and run track, and I just hang around my friends."

(continued on page 19)





Nick Mitchell and Susan Washburn seize the moment in Earth Science class to concentrate on the explanation of the Big Bang theory. Nick and Susan found it necessary to listen intently to each lecture in order to understand the corresponding chapter in their books.

The seventh period class resulted in 72 minutes each day between the end of the regular

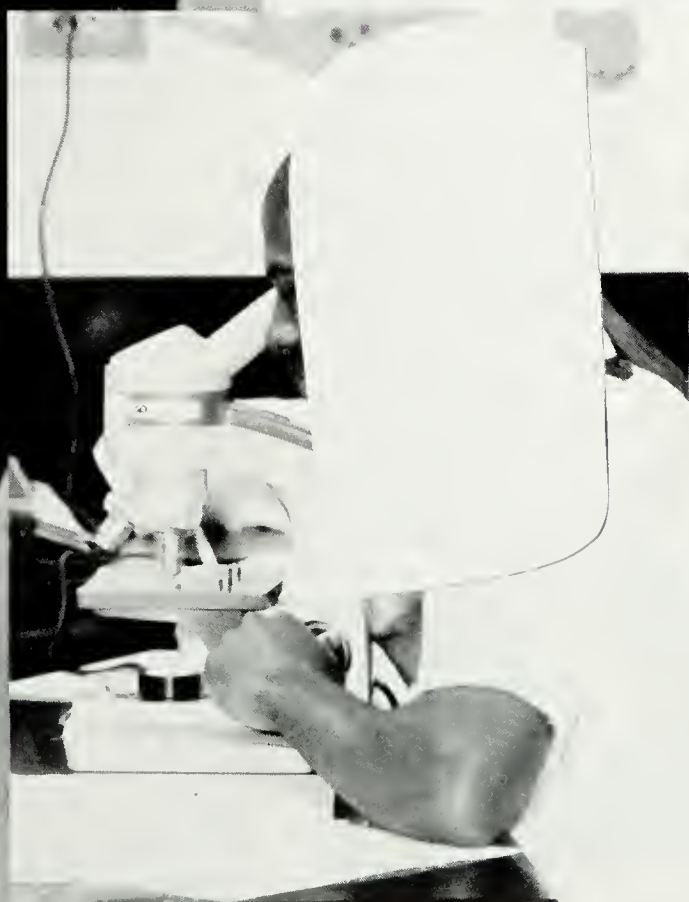
beginning of Kim ed their



Renee Theisen and Kevin Chronister demonstrated their ability to seize the moment and get the most out of their time at Potomac by opting to take an extra class, even though it meant getting to school at 6:20 each morning.



Learning to use sophisticated equipment skillfully was an important part of the biology curriculum. Steve Bellamy seized the moment to perfect his ability to use a microscope.





When Mr. Michael Campbell wanted to receive input from students, faculty and staff, he had suggestion boxes installed throughout the school. Here, Angel Jones seizes the moment to communicate her opinion to Mr. Campbell.



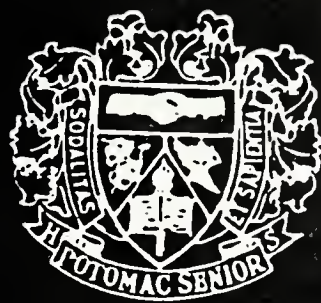
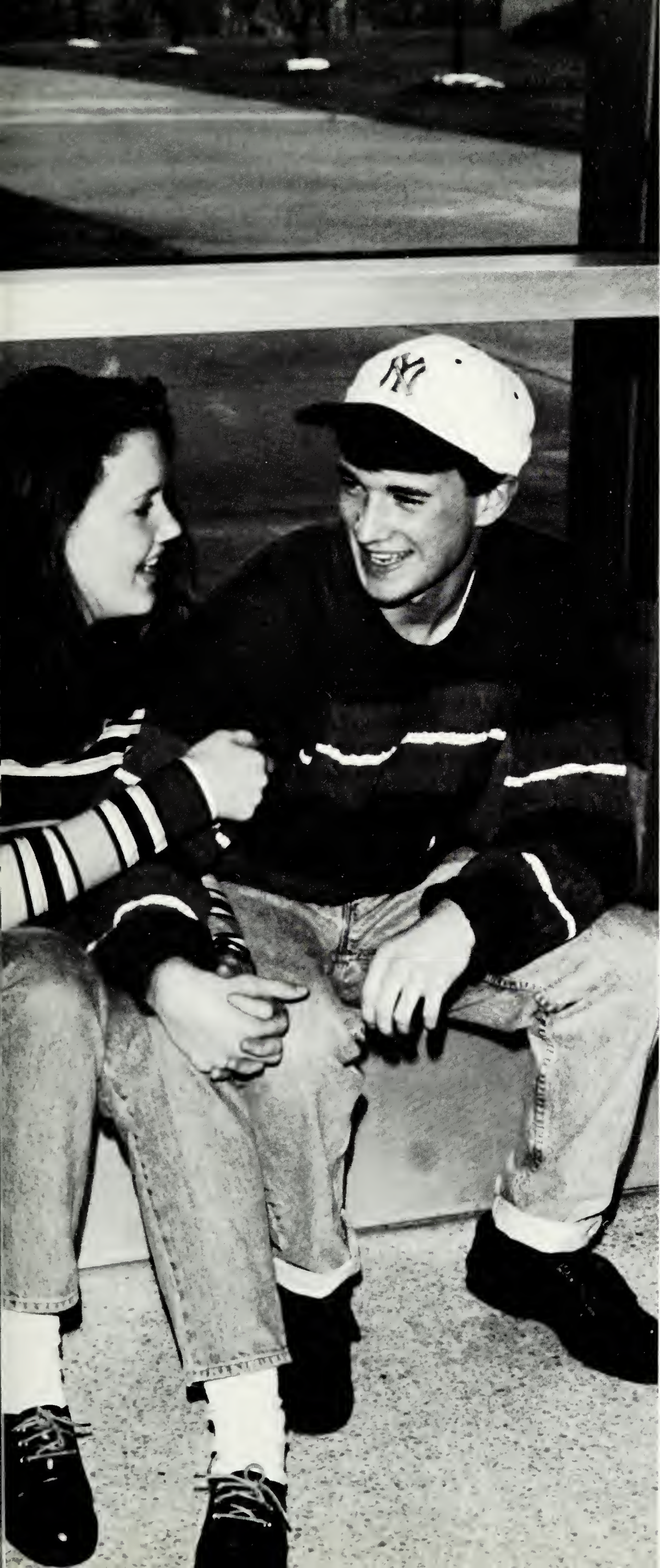
In an attempt to cure the "winter blues," the SCA sponsored a free Sock Hop in the gym. Jamie Ardaiole and Brian Abel seized the moment to practice their jitterbug to the sounds of Elvis's "Jailhouse Rock."



With the knowledge the seizing the moment includes planning for the future, Mark Pavlick sought advice regarding colleges and scholarships from his guidance counselor, Mrs. Joanne Willis.







(continued from page 216)

"How about we ask Danielle Bernier?"

"Dani . . . what do you do to seize the moment?"

"Well, I'm a J.V cheerleader, I take gymnastics and I also competed."

"That's great! BYE!"

"Andrea, I guess I know what seize the moment is now!"

"Yeah, it means getting the most out of each moment that you are alive. I sieze the moment by cheerleading, gymnastics and running track, and I'm on yearbook staff. And, Julie, how do you seize the moment?"

"Well, I play softball, I'm in drama, an FHA member and in yearbook."

— Andrea Hayes and Julie Desena

*"Seizing the moment" was important not only academically but socially as well. Realizing this, Michelle Nicholson and Scott Furbie took advantage of a few moments of free time to relax together. Despite the new "no hats" rule, students like Scott were allowed to wear hats on "Hat Day" during Homecoming Spirit Week.*























# SEIZE

## *the moment*

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